

# Oral Hormonal Treatment Adherence in Egyptian Patients with Breast cancer

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## Abstract

**Introduction:** In breast cancer, adjuvant endocrine therapy improves treatment outcomes. Though, not the whole patients completed their scheduled treatment protocols. This study aimed to assess adherence to oral hormonal therapy in Egyptian breast cancer patients. **Patients and methods:** From February 2022 to May 2022, a cross-sectional study was conducted at the National Cancer Institute, Breast Cancer Hospital. An interview was conducted, along with a survey to assess the adherence of breast cancer patients to oral hormonal treatment. Adherence was measured using the Morisky Medication Adherence Scale-8 (MMAS-8). **Results:** The survey was completed entirely by 300 patients. There were 98.3% females and 1.7 % males among the patients. 30% of the patients belonged to this age group (40-50 years). The majority of patients were postmenopausal (90.3%). 18% have a high level of education, while 53.3% are illiterates. 50.7% of patients have other chronic diseases. 44.7% prefer to get medication information from a physician, 27.7% prefer pharmacists, and 27.7% get medication information from both. 99.7% of patients received proper medication counselling. As a result of the MMAS-8 survey, 40.3% of all patients were high adherent to their oral hormonal treatment, 32.7% of the patients have moderate adherence, and 27% have low adherence. No subgroups (gender, age, educational level, duration of endocrine therapy, Breast cancer stage, or other co-morbidities) were significantly associated with adherence level. **Conclusion:** This study demonstrates significantly high and moderate adherence to oral endocrine therapy. Reasons for this could include proper medication counselling in the setting and regular patients' follow-up.

## Title

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### **Declarations**

#### **Ethical approval and consent to participate**

The study was approved by the British University in Egypt- Faculty of Pharmacy Ethical Committee on 11 May 2022 (Approval serial number: CL-2201).

#### **Availability of data materials**

The data sets used and/or analysed during the current study are available from the corresponding author on reasonable request.

#### **Competing Interest**

The authors declare that they have no competing interests.

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#### **Author's contributions**

NE has contributed to the study conception, design of the work, data interpretation, revision of the work. All authors have contributed to the data collection and revision of the work. All authors have read and approved the final manuscript.

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