

MONITORING ADHERENCE TO SUBCUTANEOUS BIOLOGICS IN IBD CARE USING DIGITAL TECHNOLOGY – A NHS DIGITAL & INNOVATION PROOF OF CONCEPT STUDY FOLLOWING COVID-19 IN THE UNITED KINGDOM

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UEG Week Copenhagen 2023

Poster

IBD

October 15, 2023

A pilot study of 45 IBD patients using a digital smart sharps bin system to monitor subcutaneous biologic adherence over 6 months found 86% overall adherence and 76% on-time adherence, with up to 24% of patients delaying scheduled injections.

KEY POINTS

- Of 418 scheduled biologic injections (infliximab, adalimumab, or vedolizumab given every 2 weeks), 360 were recorded via the Health Beacon Digital Sharps Box system, representing 86% overall adherence and 76% on-time adherence.
- Up to 24% of patients on home subcutaneous biologics delayed their scheduled drug administration, with reasons including forgetting, being away from home, and being busy.
- Patient satisfaction with the digital monitoring system was high, and electronic dose reminders were acknowledged by patients.
- The authors note this is the first study to their knowledge exploring adherence to subcutaneous biologics at home for IBD and conclude the digital injection monitoring system is useful and acceptable to track adherence.
- Clinicians managing IBD patients on self-administered subcutaneous biologics may find this relevant for understanding adherence patterns and monitoring strategies.

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