

Patient education on the application of PCSK - 9 therapy and their cooperation - our experience

 **Valentina Sedinić***,
 **Ivana Tomašić**

University Hospital Centre
"Sestre milosrdnice", Zagreb,
Croatia

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***ADDRESS FOR CORRESPONDENCE:** Valentina Sedinić, Klinički bolnički centar Sestre milosrdnice, Vinogradska
cesta 29, HR-10000, Croatia. / Phone: +385-98-822-080 / E-mail: valentina.sedinic@kbcsm.hr

ORCID: Valentina Sedinić, <https://orcid.org/0000-0003-0020-7020> • Ivana Tomašić, <https://orcid.org/0000-0002-7345-5829>

PCSK9 (proprotein convertase subtilisin/kexin type 9) inhibitors represent a significant advance in the treatment of hyperlipidemia, especially in patients at high risk of cardiovascular events who do not achieve target lipid values with standard statin therapy.¹ Educating patients about the importance and correct application of this therapy is essential for achieving optimal results and improving their cooperation.² Our experience with educating patients about the use of PCSK9 inhibitors shows that thorough information is a key factor in increasing cooperation and success of therapy. For the therapy to be effective, patient cooperation is of crucial importance. Patients included in our education program underwent a detailed consultation, in which the role of PCSK9 inhibitors in reducing the risk of cardiovascular events was explained to them. A clear understanding of how the drug works significantly increases patients' confidence in the therapy. The education included demonstrations of the correct administration of injections. After the education, most patients stated that they felt more confident and competent in self-administration of injections. This increased their adherence to therapy, which is in line with the findings of other studies that indicate that proper education reduces the possibility of application errors. Regular follow-up of patients through follow-up examinations and telephone consultations further improved cooperation. At first, some patients showed resistance to therapy due to fear of injections, side effects, and the great distance between their place of residence and the University Hospital Centre. Through talking and providing information about available options, such as the possibility of receiving the same therapy from a family medicine doctor, we were able to increase the acceptance of the therapy. Patients who received adequate education about PCSK9 inhibitors had significantly better compliance. Clear communication, individual approach and continuous support are key elements in maintaining successful therapy. To achieve the best results, education must be continuous and adapted to the needs of each patient.

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LITERATURE

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