



Therapeutic Adherence to Levothyroxine in Patients Undergoing Total Thyroidectomy

André L. M. CARVALHO ^{1*}, Viviane R. SOUSA ¹, Dayana M. P. SOUSA ¹,
Elaine T. OLIVEIRA ¹, Kayo A. FIGUEIREDO ¹ & André S. SILVA ²

¹ *Curso de Farmácia, Departamento de Bioquímica e Farmacologia, Campus Ministro Petrônio Portela, Universidade Federal do Piauí, CEP:64049-550, Teresina, Piauí, Brasil*

² *Curso de Enfermagem, Campus Senador Helvídio Nunes de Barros, Universidade Federal do Piauí, CEP: 64600-000, Picos, Piauí, Brasil.*

SUMMARY. The aim of this study was to investigate the degree of adherence to pharmacotherapy in patients undergoing thyroidectomy and use of levothyroxine (LT-4) in a referral hospital of Teresina (PI), Brazil. Eighty-eight patients were interviewed using the assessment methods of therapeutic adherence of Morisky-Green Hayne-Stackett. It was found a low degree of adherence by the Morisky-Green method (64.8 %) compared to that of Sackett, Haynes (94.3 %). It was found that 20.5 % of drugs used by patients for treating co-morbidities interacted with the LT-4. The main co-morbidities associated with treatment of thyroidectomy were: hypertension, osteoporosis and stomach disorders. The adverse drug reactions frequently observed were swelling, drowsiness, fatigue, tachycardia, headache and anxiety. These results demonstrate the need for health professionals to emphasize the consequences of LT-4 inappropriate use and these may lead to new strategies of hospitals and government measures to improve the life quality of users of this product.

KEY WORDS: Adherence, Levotiroxine, Thyroid, Thyroidectomy.

* Author to whom correspondence should be addressed. *E-mail:* aluismenezes@yahoo.com.br