

Day by Day Adherence Program

Support and orientation project for MPN patients



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Background

In Chile people do not know much about the MPNs diseases. Patients face this kind of diagnosis **do not have much information** about this and the available treatments for them and in some cases they **don't know where they can find orientation**. In this context of challenges, the need to help them arises. Day by Day program started in 2013 as an initiative to give orientation and support to patients facing chronic diseases, and in 2015 it started to include **Myelofibrosis** and **Polycythemia Vera**. Currently, there are **10** patients with Myelofibrosis and **4** patients with Polycythemia Vera from Chile in Day by Day.

Goals

- To orient patients about MPNs and their treatments
- To provide patients and their caregivers with emotional support
- To provide educational materials to patients
- To provide updates on current treatments for MPNs
- To give coaching in treatment adherence and treatment follow-up

Methodology

- Contact patients through **telephone calls**, they receive information and orientation about their disease and available treatments, emotional support and basic orientation about access to the needed treatment.
- Organization of **patient meetings**, with the goal to share experiences and learn together.
- **Whatsapp chat group** that allows patients to stay always connected, they can talk about their needs and plan new meetings together. Also, sending of new and updated information about MPNs.
- Sending **educational materials** to the patients with the available information about MPNs.
- Patients are **informed** and **enrolled** in the program through the help of their **treating physician**, who also collaborate by participating and giving educational presentations at patient meetings.



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Results

- Creation of a **patient network** that gives them the opportunity to learn more about their disease.
- Follow-up telephone calls, patient meetings and the group chat has favored a **feeling of inclusion** for each patient and their families and they are grateful for this opportunity.
- **Physicians** are **happy** with the program because patients now are more proactive and informed, and they ask more questions about their treatments in their medical controls.

Challenge

We are working in the **promoting of the Day by Day** program with the health care providers in hospitals or Hematology Congresses throughout the country with the goal of **reaching all MPN patients in Chile** so that they can have support for their needs.

Our challenge is to **involve more of our current and new physicians** in order to reach more patients and thus **help all patients** with specific and useful information about the **available treatments** for them and the **ways to access** to them in a short time.