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## Rational use medicines in pediatrics: A tool to increase the adhesion of cardiologic pediatric patients

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According to the World Health Organization (WHO) the rational use of medicines occurs when the patients receive appropriate medicines that suit their clinical needs, in the correct dosage for adequate time and accessible cost for them and their community, bearing in mind the promotion and protection of the patient's health. The purpose was explained to the child and mothers the correct form of taking the medicine in a playful and illustrated form, in order to increase adhesion. Interviews were undertaken during one year at the University Hospital of Brasília, Brazil, with mothers who accompanied their children while waiting for pediatric medical appointments to identify the difficulties of the patients to understand the leaflets. After those others, leaflets were drafted in order to make the language easier for the general public through an accessible language for those medicines and the first interviews with mothers were renewed. Regarding the education material, playful figures and a memory game was applied to sign the adverse effects and the comparison precautions and contraindication with traffic lights in a colloquial, simple and self-explanatory way. The translation of clinical parameters used in a leaflet into an accessible language to the pediatric population increased mothers' adhesion to drug therapy, and they started to inform the doctor the main problems they identified regarding the medicines. Further studies are necessary to statistically measure the increase in adhesion to pediatric drug therapy as a resource used to cut costs related to wrong drug and adverse drug reaction.

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