Theme 2: Diabetes and It's management   OP8

Medication adherence and influence of selected factors on it among the diabetes mellitus patients attending to Diabetic Clinic at Teaching Hospital Jaffna

Wijethunga P M D G[1], Thuvaragan S[1], Coonghe P A D[2]

[1]Department of Pharmacy, Faculty of Allied Health Sciences, University of Jaffna
[2]Department of Community and Family Medicine, Faculty of Medicine, University of Jaffna

Introduction and objectives: Diabetes mellitus (DM) is a chronic metabolic disease condition characterized by high blood glucose levels. DM patients who are non-adherent to medication have a greater risk to develop different complications, such as cardiovascular complications. This study was conducted to determine medication adherence and the association of selected factors on medication adherence among patients attending the diabetic clinic, Teaching Hospital Jaffna.

Methods: A descriptive cross-sectional study was conducted among adult diabetic patients who attended the diabetic clinic, Teaching Hospital Jaffna, from October to November 2021. A pre-tested interviewer-administered questionnaire was used to collect information. The data was analyzed using SPSS software. The data was analyzed to assess the medication adherence among DM patients attending the diabetic clinic in Teaching Hospital, Jaffna. The association of sociodemographic, patient-related, and therapy-related factors on medication adherence was determined using the Chi-square test. Medication adherence was calculated in percentage according to the missing doses, and the level of medication adherence was categorized into two levels as good ($\geq 80\%$) and poor ($<80\%$). Ethical clearance was obtained for the study from the Ethical Review Committee, Faculty of Medicine, University of Jaffna.

Results: Among 426 participants, the response rate to the study was 97.65% (n=416). The majority of patients were female (68.8%, n=286). The mean age of patients was 57.69 ± 12.22 years. More than three-fourths of patients (78.1%, n=325) showed good medication adherence. Forgetfulness and lack of reminders were common reasons attributed to non-adherence. Age ($p<0.05$), family support ($p<0.05$), frequency of blood glucose check-ups (p value<0.05), regular clinic visits ($p<0.004$) polypharmacy ($p<0.05$) showed statistically significant association with medication adherence.

Conclusion: More than three-fourths of DM patients had good adherence to oral hypoglycemic therapy. It could be further improved by encouraging patients to visit clinics regularly, encouraging caregiver involvement in the care of patients, educating patients on drug therapy, and introducing tablet reminder systems.

Keywords: Medication adherence, Diabetes mellitus, factors, Sri Lanka, Patient