

# Medication Compliance Among Diabetic Patients

# ARE THEY COMPLIANT?

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## Introduction

- Diabetes Mellitus is a chronic medical condition and can lead to many complications like heart diseases, stroke, kidney failure, blindness and limb amputations (Gunggu,2016).
- Compliance to medication is important to avoid health-related complications of diabetes and financial effects on patients as a result of emergency treatment (Ho PM et al. 2009).
- New health education materials have been developed for low literacy diabetic patients by using simple language and graphics to aid medication compliance.
- Pre and post intervention studies were conducted to determine the effectiveness of new health education material on medication compliance among low literacy diabetic patients.

## Intervention Package : Health education material



Flipchart



Take Home Message

## Methodology

- Research design** Intervention Study
- Population sample** All registered diabetics patients at clinics/ hospitals
- Sample** All diabetics patients who attended diabetic clinic
- Sampling method** Convenience sampling
- Study Period** January 2015 until December 2016
- Study Locations** 5 states : 9 Health Clinics and 3 Hospitals
- Study Instruments** Questionnaire :
  - Newest Vital Sign ( NVS): Health literacy assessment
  - Diabetic Knowledge
  - Morisky Medication Adherence Scale (MMAS-8)

Diabetic patients were screened for literacy level. Only those who recorded with "limited likely" literacy levels were selected in this study.

## Results

### Sociodemographic

- 96 patients involved
- Mean age; 52.3 years
- 60.4% female, 36.9% male
- 49.0% patients have diabetes less than 4 years

### Health Literacy Level Assessment

- Limited likely (0-1) - 93.1%
- Limited possible (2-3) - 4.8%
- Adequate (4-6) - 2.1%

## Knowledge on Medication (High)

There is an significant improvement in knowledge on medication at post intervention (p<0.001)

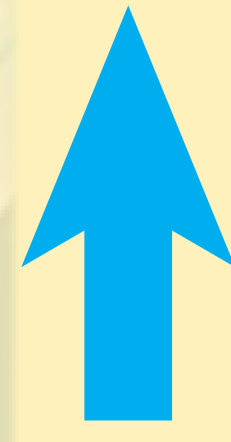
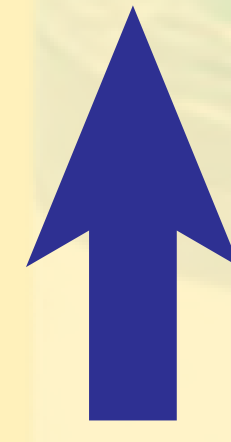
PRE 45.8% POST 69.8%



## Medication Knowledge by Gender

PRE 18.4% POST 63.2% PRE 58.6% POST 62.1%

MALE High Knowledge FEMALE High Knowledge



## Non Compliance To Medication

PRE 93.8% POST 91.8%



There is slight reduction on non compliance to medication, but it is not statistically significant.

## Conclusions

- Interventions have indeed increased the knowledge on medication but there has not been significant improvement in compliance to medication post intervention.
- Diabetic educators must apply innovative strategies and approaches to educate low-literacy diabetic patients to ensure the message conveyed effectively. This will in turn translate into better medication compliance.

## References

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