

MEDICATION ADHERENCE OF PATIENTS WITH
TYPE 2 DIABETES MELLITUS IN TWO PRIVATE
HOSPITALS IN KLANG VALLEY, MALAYSIA

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PROJECT PAPER SUBMITTED IN PARTIAL
FULFILMENT OF THE REQUIREMENTS FOR THE
DEGREE OF BACHELOR IN NURSING, SCHOOL OF
NURSING, FACULTY OF MEDICINE AND HEALTH
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MALAYSIA

2015

ABSTRACT

Diabetes mellitus is a growing global health problem that affects patients of all ages. Although diabetes mellitus is recognized as a major chronic illness, adherence rate to anti-diabetic medication has often been found to be poor. The objective of the study are to assess the level of knowledge on anti-diabetic medications, the adherence level to anti-diabetic medication of type 2 diabetes mellitus (T2DM) patients, determine the relationship between demographic profiles and adherence level to anti-diabetic medication and the relationship between level of knowledge on anti-diabetic medications and adherence level to anti-diabetic medication of T2DM patients. The cross-sectional survey was carried out among T2DM patients to assess adherence to medication in two private hospitals in klang valley area. A three-part questionnaire was used for data collection: first part is the demographic profiles; second part is the medication knowledge consisted of six specific items of information regarding the patient's medication: name, dose, frequency, indication, side effect and when the tablet should be taken (before or after meals) and third part is the medication adherence is measured by using the Medication Compliance Questionnaire that consists of a total of seven questions. A total of 115 patients were recruited in the study. There were 45.2% of the respondents in the study population were non-adherent. Majority of the respondents (93%) had moderate level of knowledge on anti-diabetic medications. Chi-square analysis was performed to determine statistical relationship between demographic data and medication adherence and statistical relationship between medication knowledge and medication adherence. Significance level has been considered $p < 0.05$. In this study, there was statistical relationship between number of tablet taken daily and medication adherence ($p = 0.005$) and monotherapy/combination of oral tablet and medication adherence ($p = 0.007$). Medication adherence of T2DM patients was found to be unsatisfactory and T2DM patients presented knowledge deficit regarding the anti-diabetic medication. This is a cause of concern, because non-adherence could lead to a worsening of disease. Continuous assessment on the medication knowledge and medication adherence among T2DM patients should be carried out from time to time to ensure patient improvement and intervention effectiveness. Healthcare professional should work together to improve medication adherence and increase quality of life in T2DM patients.