

UNIVERSITI TEKNOLOGI MARA (UiTM)

**EVALUATION OF MEDICATION ADHERENCE
TOWARDS
ORAL ANTI-DIABETIC DRUGS AMONG HOSPITALIZED
PATIENTS WITH
TYPE 2 DIABETES MELLITUS**

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ABSTRACT

Introduction : The prevalence of diabetes mellitus in Malaysia had been increasing dramatically with 15.2% reported in 2011. Antidiabetic medications are targeted for blood glucose control and reduced in complications. However, previous studies showed that adherence to antidiabetic medication still far from the satisfactory line. Good adherence to the antidiabetic medication can be associated with increased in treatment effectiveness and patients' quality of life.

Objectives : This study aimed to evaluate the level of adherence among hospitalized diabetic patients and examine its association with demographic data as well as clinical.

Method : This is cross-sectional study conducted in Hospital Sungai Buloh, Selangor and involved 198 patients. Morisky-8 items was used to assess adherence of patients. SPSS ver.20 was used for data analysis. Main outcome was level of medication adherence and the association with demographic and clinical data was examined.

Results : According to Morisky-8 items, 6 patients (3.0%) had high adherence, 54 (27.3%) had medium adherence and 138 (69.7%) had low adherence. The mean score was 1.33 ± 0.533 which lies on low adherence. Positive association was found between presence of comorbidities ($p=0.015$) and HbA1c level of patients ($p=0.000$). Adherence was not significantly associated with age, gender, race and duration of diabetes.

Conclusions : A very high non-adherence to antidiabetic medication has been observed. The healthcare system should come out with any adjusted strategies on how to educate patients about the important of adherence and consequences when neglected it. It can improve the patients' health and quality of life

CHAPTER ONE

INTRODUCTION

1.1 Overview

The prevalence of diabetes mellitus worldwide is increasing year by year. The epidemic of diabetes mellitus has become a serious matter because it affects all groups of age (Ahmad et al.,2013). It is now approximately a number of 171 million people worldwide had been diagnosed with diabetes mellitus and the number is expected to increase dramatically to 300 million in 2025 (Arifulla., 2014). The prevalence is higher in man compared to woman. The prevalence also showed a rapid increasing, especially in developing countries. Out of 100%, 60% of the population worldwide with diabetes mellitus comes from Asian country (Li.,2013). This will show an increasing number in a few more decades.

In Malaysia, the number of the diabetes mellitus has also showed a steady increasing in pattern. Malaysia included in the top ten listed of countries in the world that have a highest number of patients diagnosed with diabetes mellitus. The number