

**Knowledge and Compliance on Alendronate Sodium among
Osteoporosis Patient in Hospital Sultanah Bahiyah, Kedah**



**DIPLOMA IN PHARMACY IN THE
FACULTY OF PHARMACY,
UNIVERSITI TEKNOLOGI MARA
PULAU PINANG**

**PREPARED BY
MUFIDAH HAIKAL MAHAMUD
ISMA ANATI ISMAIL**

MARCH 2013

**Knowledge and Compliance on Alendronate Sodium among
Osteoporosis Patient in Hospital Sultanah Bahiyah, Kedah**

Prepared by
(Mufidah Haikal Mahamud & Isma Anati Ismail)

Supervisor: Puan Norazila Abd.Ghani
(Drug Information, Hospital Sultanah Bahiyah, Alor Setar.)

Submitted in partial fulfilment for the Degree of Diploma In Pharmacy of
Faculty of Pharmacy,
Universiti Teknologi MARA
Pulau Pinang

March, 2013

Faculty of Pharmacy,
Universiti Teknologi MARA
Pulau Pinang.

ABSTRACT

It is estimated that over 200 million people worldwide have osteoporosis. The prevalence of osteoporosis is continuing to escalate with the increasingly elderly population. There are several different treatments for osteoporosis, including healthy lifestyle and a variety of medications. This study focuses on the knowledge and compliance of the osteoporosis patient towards alendronate sodium which is use to treat osteoporosis. This study was conducted at Outpatient Pharmacy Department, Hospital Sultanah Bahiyah from October 2012 to February 2013. A total of 54 visitors completed the survey and included in analysis. Other than that, the telephone interview was also carried out to some of the patients that didn't come to the hospital. Data was analyzed and tabulated using both SPSS version 15.0 and Microsoft Excel 2007. From the result, most of them are very compliance with the alendronate sodium. Although some of them didn't know about the precaution and how to administer the drug in a correct ways, they follow all of the instructions that give by the doctor or the pharmacist.

ACKNOWLEDGEMENT

This research truly has been a collaborative effort. It has been great honor and privilege to undergo training at Hospital Sultanah Bahiyah, Alor Setar. First of all, we would like to take this opportunity to thank to all those who gave us the chances to conduct and complete this research as our final project in completing Diploma in Pharmacy course at UiTM Pulau Pinang. We are very much thankful to the Department of Pharmacy Hospital Sultanah Bahiyah, Alor Setar for giving us much information and helping us to commence this research besides providing and support to meet our project requirements.

We would like to express a deep sense of gratitude to our supervisor, Puan Norazila for her fresh ideas, experiences and exemplary guidance, which helped us in completing this task through various stages. Her constant encouragement and willingness to share her vast knowledge made us understand this project and its manifestations in great depths and helped us to complete the research.

We also like to express our gratitude to our lecturers, Mr. Fauzi, Madam Normiyah and other lecturers of Faculty of Pharmacy in Pulau Pinang for their advices and comments about our research. Plus, we are highly thankful to all lecturers who are giving us valuable guidelines in completing the research in every stage.

In addition, our warmest thanks to our local preceptor in Hospital Sultanah Bahiyah, Alor Setar (HSB), En.Rosli for his assistance and contributions throughout this research. In addition, a thousand thank to all pharmacist and assistant pharmacist in HSB who also helped us in the survey at the Outpatient Pharmacy in HSB.

Lastly, thank you so much to our beloved friends and family members who had given their full support and also to those who had involved directly or indirectly to finish this project.

TABLE OF CONTENT

Acknowledgement	ii
Table of content	iii
List of tables	
List of figures	iv
Abstract	v
CHAPTER 1 INTRODUCTION	1-3
CHAPTER 2 LITERATURE REVIEW	4-5
CHAPTER 3 AIM AND OBJECTIVES	6
CHAPTER 4 MATERIALS AND METHODS	
4.1 Study Design	
4.2 Study Subject	7-8
4.3 Data Collection	
4.4 Data Analysis	
CHAPTER 5 RESULTS AND DISCUSSION	
5.1 Result	9-17
5.2 Discussion	
CHAPTER 6 CONCLUSION	18
REFERENCES	19-21
APPENDICES	22