PILOT STUDY OF PATIENT INFORMATION LEAFLET (PIL) AND THEIR EFFECT ON PREMIXED INSULIN INJECTIONS (MIXTARD) ADHERENCE AMONG DIABETIC PATIENTS.

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ABSTRACT

By doing this project, we are going to evaluate the role of the patient information leaflet (PIL) for diabetic patients who are prescribed with Mixtard.. The target population of this study is patients with diabetes in Hospital Sultan Abdul Halim. We use a simple random sampling technique for our questionnaire distribution. However, there are some inclusion and exclusion criteria that we set. We carry out this study by asking the patient's content to take part in our study. Then, we read out the questions in the questionnaire and fill in the answers based on the information that we received from the patients. This is done to minimize errors and time-consumption during the study.

There are some difficulties encountered during this study including time constraint and patient not giving cooperation. However, the most significant concern is that the medication prescribed were picked up by the patient's immediate family

Based on our pilot study regarding the role of patient information leaflet and their effect Premixed Insulin Injection (Mixtard) adherence among patients, we found out that generally the patients who read the leaflet are more adhere to their medications. We also found out that most of the respondents do not read the patient information leaflet.

CHAPTER 1 INTRODUCTION

Medication adherence usually refers to whether patients take their medications as prescribed (e.g. twice a day) as well as whether they continue to take a prescribed medication (Ho et al., 2009). Medication non-adherence among the patients is one of the common problems faced by healthcare providers around the globe. This problem happen when the patient did not follow the instruction on how to take the medication correctly, giving rise to other problem such as decreased efficacy and side effects. There are many causes of medication non-adherence such as depression, side effect severity, self-efficacy and social support (Catz et al., 2000).

Patient Information Leaflet is a leaflet given together with the medication, usually placed inside the packaging. It provides the information about the medication such as its pharmacological properties, dosage, contraindications, and adverse effects. It is written by the manufacturing pharmaceutical company, which aimed to provide patients an adequate information about the medication they are taking. The presence of PIL can also assist to better medication adherence among the patient. Drury (1984) said that providing written material can help patient to remember information, as shown in many studies.

More than 16 millions Americans are diagnosed with diabetes mellitus (Chiechanowski et al., 2001).Premixed Insulin Injection (Mixtard) is a mixture of dissolved insulin and isophane (NPH) insulin. It contains 30% dissolved insulin and 70% isophane insulin. Mixtard is a dual-acting insulin, as its biphasic formulation contains fast acting and long acting insulin. It usually is given twice a day when a rapid initial effect together with a more prolonged effect is desired. Mixtard is a product of pharmaceutical company Novo Nordisk, which also provide other insulin such as Insulatard (long acting insulin) and Actrapid (rapid acting insulin) in Hospital Sultan Abdul Halim, Sungai Petani, Kedah. Insulin preparation is given to type 1 diabetes patients, which is insulin dependent diabetes mellitus caused by immune-mediated destruction of pancreatic B cells resulting in absolute deficiency of insulin. The insulin preparation is also given to some type 2 diabetes patients.