MEDICATION NONADHERENCE AMONG RURAL POPULATION OF MALAYSIA

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ABSTRACT

Nonadherence to drug therapy is most likely to be a problem in chronic diseases such as diabetes, hypertension, hypercholesterolemia, heart disease and kidney disease because it reduces the therapeutic outcome of a drug and incurs greater expenditure for health-care system. The main purpose of this study is to determine the magnitude of nonadherence and associated contributing factors among population in a rural area. A cross-sectional study was conducted among patients with chronic diseases at KPJ Sentosa KL Specialist Hospital. The questionnaire was distributed using convenient sampling method. The questionnaire described in detail about the demographic background, level of adherence and factors contributed to nonadherence. Inclusion criteria were patients age between 40 to 80 years old. A total of eighty respondents completed the survey. Highest number of the respondents (52.5%) had low adherence to medication therapy .However, 31.3% (N=25) of the respondents were high adherent followed by 16.3% (N=13) had medium adherence to medication. Multiple ways are required to improve drug adherence such as improving medication knowledge specifically for those with co morbidities. Besides, healthcare providers can overcome some of the barriers to adherence through appropriate education focusing on medication adherence.

INTRODUCTION

❖Nonadherence to a medical regimen is most likely to be a problem in chronic diseases such as diabetes, hypertension, hypercholesterolemia, heart disease and kidney disease .Because it reduce the therapeutic outcome of a drug , reduced quality of life, and greater expenditure for health-care system (Sabate et al., 2003).

❖ Reasons for nonadherence can be broadly classified into patient factors, medication factors, healthcare provider factors, healthcare system factors and socioeconomic factors(Miller et.al .,2010).

❖ The present study investigated the socio-demographic factors associated with non-compliance among chronic disease subjects. Besides, in order to fill the gap in knowledge of the adherence in chronic disease patients.

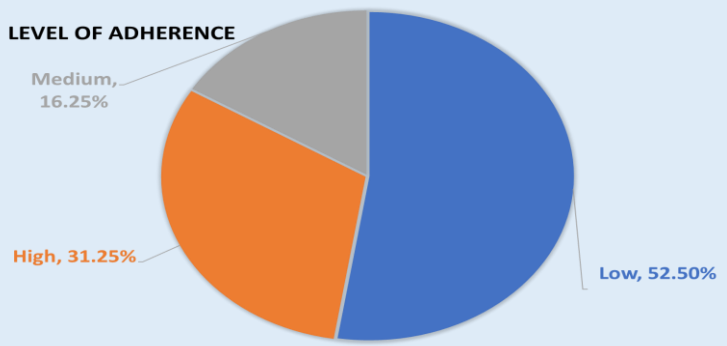
METHODS & MATERIALS

A cross sectional study was done among chronic disease patientsat KPJ Sentosa Hospital

RESULTS

❖Eighty respondents were participated in the study. Highest number of the Respondents (52.5%) had low adherence to medication therapy .However, 31.3% (N=25) of the respondents were high adherent followed by 16.3% (N=13) had medium adherence to medication.
❖There are few factors contributed to nonadherence to medication therapy. First factor was financial. Only few respondents (17.5%, N= 14) had low adherence due to financial problem.
❖ Next, 41.2% (N= 33) respondents have less information on medicines prescribed to them.
❖ Third factor would be missing medication anytime due to forgetfulness, feeling better, too many medications, forget and feeling better as well as forget and too many medications. Out of these five reasons, majority of them (31.2%, N=25) chosen forgetfulness as the main reason for missing medication
❖ Fourth factor was could not visit physician regularly due to forgetfulness, long waiting time and far distance to hospital. Out of 80 respondents, 47.5% (N=38) visit physician regularly for consultation whereas 40% (N=32) failed to visit due to forgetfulness
❖The final factor was not aware of what will happen if medication not taken regularly.
More than half of them answered as not aware which was 62.5% (N=50).

GRAPHS



DISCUSSION

❖The level of adherence among the respondents was significantly difference when compared with some socio demographic factor And other factors such as financial factor, patient-physician Relationship and individual factor.

❖ Medicines need to purchase by out of pocket money can be correlated with economic status of the patients. Affordability to buy expensive medicines reduced when patients feel that the cost of therapy is a financial burden.

❖ Respondents in this study revealed that they do not have adequate information about the medications they consuming every day.

❖ Individual factor such as memory deficit among respondents which was significantly associated with low medication adherence as the age of the respondents increase.

CONCLUSION

In conclusion, the current study emphasized on factors associated with nonadherence to medication therapy .Among the factors identified as negatively affecting adherence in these groups of patients were age, academic qualifications, lack of finance, poor knowledge of the medications, missing medication regularly, failed to visit consultant regularly and lack of awareness about complication of missing medications increasing numbers of medications being taken. Addressing these factors is a significant step towards the successful control and management of chronic Disease.

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