

PREDICTORS OF MEDICATION ADHERENCE AMONG PATIENTS WITH TYPE II DIABETES MELLITUS IN PAKISTAN – A PILOT STUDY

Saleem F, Iqbal Q, Bashir S, Iqbal J, Iftikhar S, Godman B

(Accepted for presentation - 22nd Annual International Meeting ISPOR 2017)

Abstract

Aims: Type 2 diabetes (T2DM) is a growing burden among all countries including Pakistan, with medication adherence very important. However, little is known about medication adherence in Pakistan and potential predictors among T2DM patients to provide future guidance. This needs to be addressed.

Methods: Questionnaire based, cross sectional analysis study among 300 patients attending public and private hospitals. In addition to demographic and disease related information, Drug Attitude Inventory and Michigan Diabetes Knowledge Tests were used to assess medication adherence and diabetes related knowledge. Treatment satisfaction was also assessed.

Results: Patients reported moderate adherence with a mean score of 4.94 ± 2.72 . Age, gender, education, diabetes-related knowledge and treatment satisfaction were significantly associated ($p < 0.05$) with medication adherence. An increase in knowledge score of one point was associated with an increase in good adherence controlling other confounding variables.

Conclusions: This study presents a model that is associated with medication adherence among T2DM patients, with disease-related knowledge as a significant predictor. Healthcare practitioners and the system should formalize and acknowledge patient education as a key component to treat patients with T2DM. This should include a greater role for pharmacists and other professionals.