The effect of Enhancing Medication Adherence program for Type 2 Diabetes Mellitus network

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Background

The record of Rayong Hospital in Tapong branch between October 2015 - September 2016 showed a group of 399 patients with HbA1C values of at least 8mg%. This accounted for 14.72% of all patients. After the hospital team discovered this problem, we created a targeted program to educate our patients on the following topics: pathology of type 2 diabetes mellitus, medication management, important of medication, side effects, ADR, managing of drug related problems and diet control.

Purpose

To assess the patients' medication adherence and knowledge of type 2 diabetes mellitus patients upon completion of proposed program.

Material & Method

The study was conducted from November 2016 to August 2017 and obtained IRB from Rayong Hospital. There were 30 purposively selected patients and educated them on topic pathology of type 2 DM, medication management, the important of medication, side effects, ADR, managing of drug related problems and diet control. After that, pharmacist and nurse reviewed patient's medicine and gave consult to patients case by case. "FRAMES" technique was used during the consulting part for open mind and enhancing medication adherence. The questionnaire were using evaluate medication adherence and knowledge by pretest-posttest design. The statistics used were average, percentage, Shapiro-Wilk test and Paired-T test.
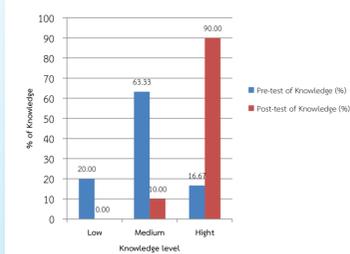
Methods

- 1st visit : See doctor
- Make appointment to join the program
- Pre - test
- 2nd visit : Class Education
- 3rd visit: See doctor
- Post-test

Result & Discussion
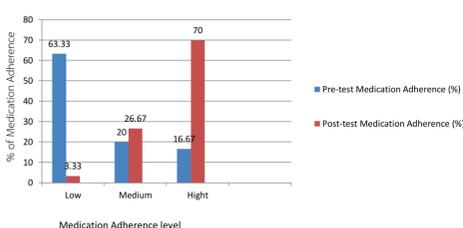
When comparing between the pre-test and post-test medication adherence levels among those patients with high medication adherence scores, 53.33% of patients have improved significantly.

When comparing between the pre-test and post-test the knowledge levels among those patients with high knowledge scores, 73.33% of patients have improved significantly.
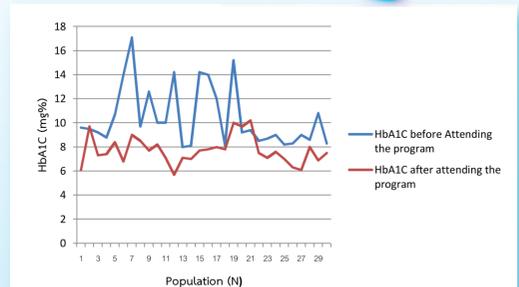
The patients' HbA1C values reduced 2.72% on average after attending the program.

After attending the program, the participated patients improved their medication adherence and knowledge significantly (P<0.01). And our program has a potential to reduce the patients' HbA1C values in a clinically significant manner.

Conclusion

This study result shows that medication adherence and knowledge of patients is effect to HbA1C control. Pharmacist intervention can help patients understand their pathology and medication management, that can improve their medication adherence and contribute to increase blood sugar control.

Acknowledgement