

# A COMPLIANCE WITH DIABETES MELLITUS TREATMENT STUDY IN THE CASE OF POLYMEDICATION

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## Objectives

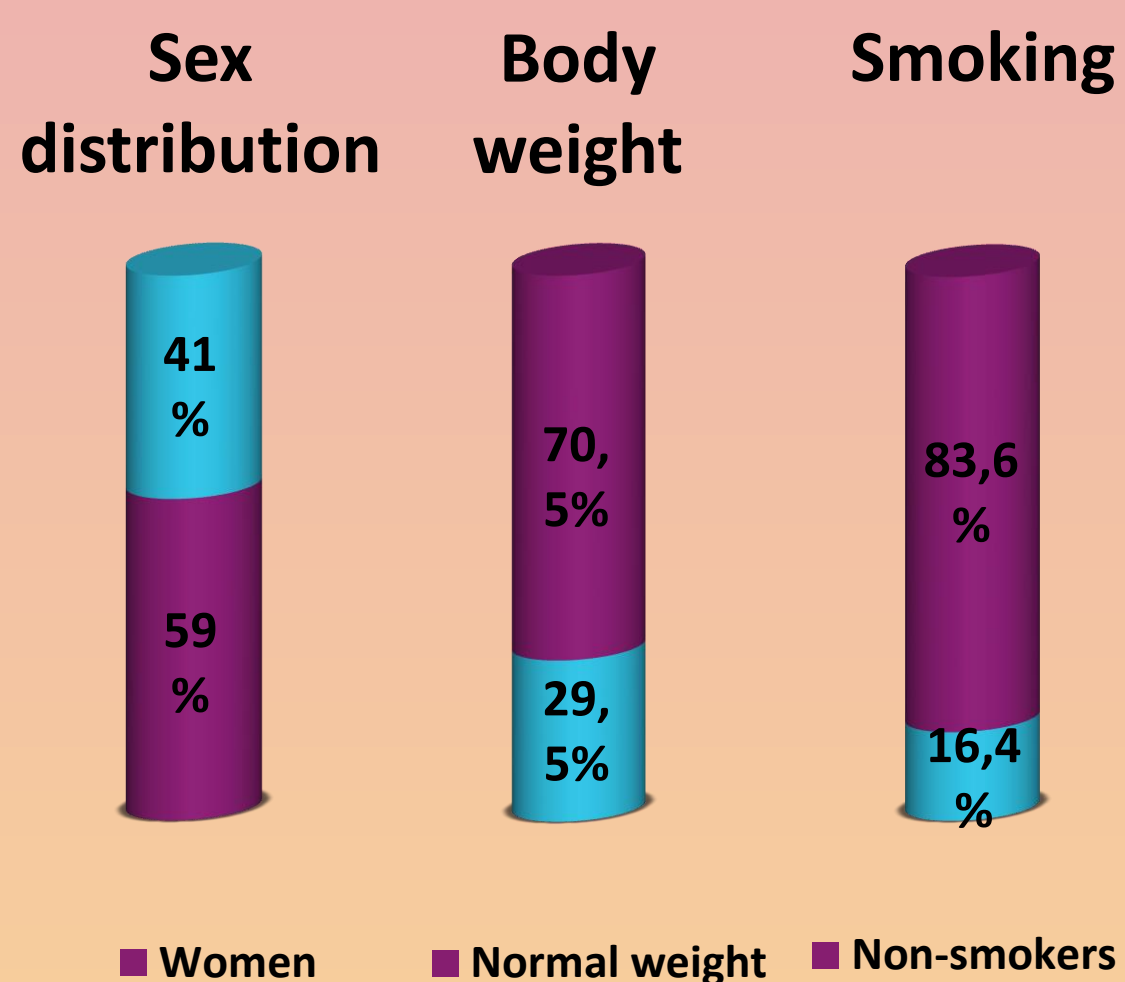
To assess the degree of patient adherence to the treatment of diabetes mellitus and associated pathologies, and to check for the factors causing the lowering compliance.

## Methods

- 61 diabetic patients (study group, SG)
- interview in a diabetes hospital:
  - ✓ predefined answers – patients chose
  - ✓ first part: general anthropometric data, info about main diabetes-associated morbidities or pathologies and the number of drugs for diabetes and/or accompanying pathologies
  - ✓ second part: patient adherence to the anti-diabetic medication, focusing on the subjective factors that may hinder it

## Results and Discussions

### Non drug-related evidence

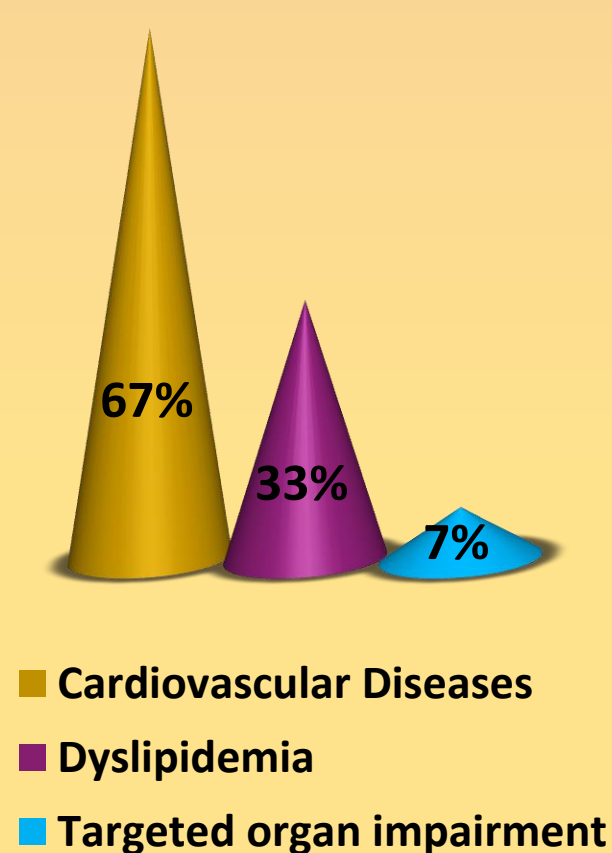


### Drug-related evidence

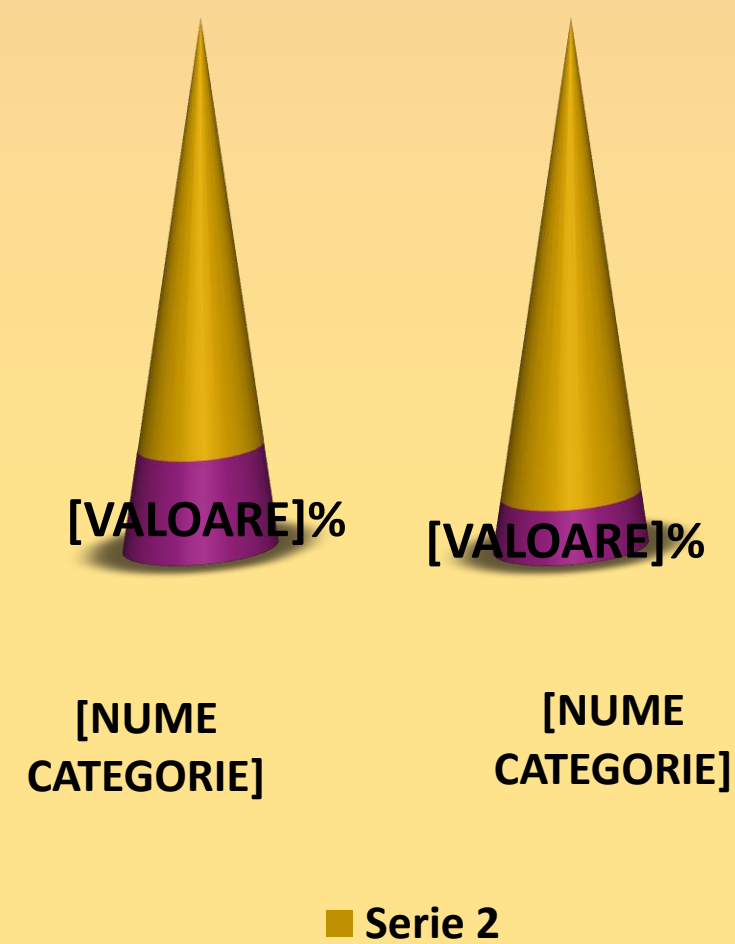
Therapy excluding anti-diabetics:  
**1 to 14 drugs**  
(33% to 87% of the entire medication)

Anti-diabetic therapy:  
**1 to 4 drugs**

### Diabetes-associated pathologies



### Prevalence of forgetting to administer antidiabetics once a week



## Conclusions:

- Patients with a more complex medication adhere to the medication plan more strictly than those having less drugs to administer
- Skipping administration was encountered in almost a fifth of the patients taking fewer drugs
- 9% of the subjects above do not take into account the precise moment of the day when medication should be administered
- Almost all patients administering more than 5 drugs refused stopping the administration when they felt better or worse.