ID: PC 109

Prevalence of Medications Nonadherence and Its Associated Factors among Type 2 Diabetes Mellitus Patient in Primary Health Clinic in Kuantan

Mohd Aznan MA, Fa'iza A, and Wan Najwa Aima WM
Department of Family Medicine, International Islamic University Malaysia, Pahang, Malaysia

Introduction

- Diabetes is a common non communicable disease in Malaysia.[1]
- At this covid endemic era, patient's perception on medication therapy may differ from the past.
- There is no available data on adherence in Kuantan at this point of time.
- This study is to recognise the characteristics of nonadherence patient, in order to give an early intervention and prevention.

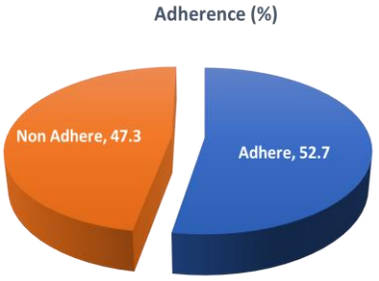
Methodology

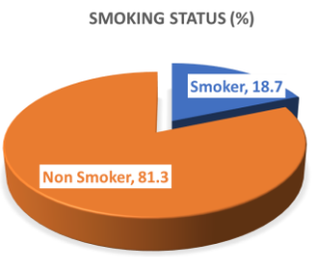
- A cross sectional study among type 2 diabetics patients who were having their follow up at primary health care clinics in Kuantan.
- The adherence was measured using a set of valid questionnaire.
- The information on clinical background of diabetes dated questionnaires, the MyMAAT is obtained from the patient's diabetes record.

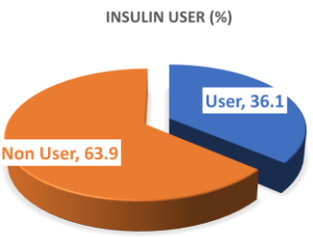
Results

Sociodemographic of All Respondents		
Gender	Man	41.6%
	Woman	58.4%
Age	26-50	19.2%
	51-75	69.5%
	>75	11.1%
Race	Malay	77.1%
	Chinese	14.5%
	Indian	6.3%
	Others	9.3%
Marital Status	Married	80.1%
	Single	4.2%
	Divorced	6.3%
	Widowed	9.3%
Educational Status	Primary	13.6%
	Secondary	56.3%
	Tertiary	23.5%
	Not Formal	6.6%
Total Household Income	B40	71.7%
	M40	26.2%
	T20	2.1%
Job	**Government**	**14.2%**
	Private	11.4%
	Own Business	12.7%
	Odd Job	7.5%
	Unemployed	34.3%
	Homemaker	19.9%

From a total 332 respondents, the prevalence of nonadherence is at **47.3%**







	Factors associated	P value
1	Age	0.805
2	Gender	0.133
3	Race	0.707
4	Marital Status	0.917
5	Educational level	0.471
6	Income	0.60
7	Occupation	0.049
8	Smoking	0.006
9	BMI	0.541
10	Presence of other disease	0.586
11	Insulin user	<0.001
12	Total daily medications	<0.001
13	DM duration	0.032

Discussion

- Previous literatures on prevalence shows that the nonadherence were at 41%, 43% and 53% according to studies that were done in Kuala Lumpur (2011)[5],Serdang (2015)[3], and Hulu Langat (2013)[4]
- The factors that have significant association with the nonadherence to medications are employment status, smoking status, insulin users and the numbers of total daily medications taken.
- Most patient who are unemployed adhere to their medications.
- Those who are non-smokers tends to be more adherence.
- Non- insulin users mostly adhere to their medications.
- Patient who takes medications less than 5 are more adhere than those who takes 6 medications and above.

Conclusion

Almost half of diabetics patients were not adhere to their medications. With these factors that we recognized, we can give them an early intervention.

References

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ABSTRACT BOOK

PC109

PREVALENCE OF MEDICATIONS NONADHERENCE AND ITS ASSOCIATED FACTORS AMONG TYPE 2 DIABETES MELLITUS PATIENT IN PRIMARY HEALTH CLINIC IN KUANTAN

Mohd Aznan MA[1], Fa'iza A[1] and Wan Najwa Aima WM[1]

[1]*Department of Family Medicine, International Islamic University Malaysia, Pahang, Malaysia*

Introduction: Diabetes is a common non communicable disease in Malaysia. As per this covid endemic era, patient's perception on medication therapy may differ from the past studies with the advancing of technologies and change in lifestyle of current populations. There is no available data on adherence in Kuantan at this point of time. From this study we would like to recognise the characteristics of nonadherence patient in other to intervene earlier. **Objectives:** This study is to measure the prevalence of type 2 DM patients who are nonadherence to treatment and factors associated with it. **Methods:** A cross sectional study was done among diabetics' patients attending the primary health clinics in Kuantan, Pahang. The data was collected using a set of validated questionnaires on adherence to diabetes medications. The information on clinical background of diabetes mellitus is obtained from the patient's diabetes record. **Results:** From a total 332 diabetics patients who had responded to this study, we found that 47.3% are nonadherence to their medications. Employment, smoking status, and insulin usage factors showed significant association with the nonadherence. **Conclusion:** Almost half of the diabetic patients in Kuantan are not adhere to their medications and there are factors that were identified to be significantly related to it.

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