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June 25-26, 2018 | Kuala Lumpur, Malaysia

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Medication adherence and its associations with socio-demographic factors and clinical profiles among type 2 diabetes mellitus patients

Nor Fadhillah Abdullah, Lee Khuang and SiinNorkhairinSowtali
Universiti Putra Malaysia, Malaysia

Diabetes mellitus is a chronic non-communicable disease and is increasing in trend due to modernization and unhealthy lifestyle. Antidiabetic medication is one of the pharmacological approach being prescribed to the diabetes patients for minimizing the blood glucose level. However, non-adherence towards medication was identified as one of the barrier to the effectiveness of diabetes management. The aim of this study is to determine the adherence rate among type 2 diabetes patients towards their anti-diabetic medications and its association with socio-demographic and clinical profiles. Across sectional descriptive study was conducted on 427 randomly selected diabetes patients who had attended two public hospitals implementing Total Hospital Information System (THIS) in Malaysia. Data collection was performed using validated Medication Compliance Questionnaire (MCQ). Data obtained were analyzed using SPSS software version 22. A multivariable logistic regression analysis was used to examine the association between patients' profile and medication adherence. The confidence interval was set at 95% CI with p-value of 0.05. Overall, a response rate for this study was 93.4%. The adherence rate of the diabetes patients was 53.4% with the Indian and Chinese ethnicities were more likely to adhere towards their medication prescription with p = 0.017 and p = 0.046 respectively. There was also a significant association between HbA1c level with patients' medication adherence (p = 0.001). As a conclusion, the contributing factors other than socio-demo graphic and clinical profile were suggested to be explored subjectively from patients' point of view to facilitate a formulation of patient-centred strategies on adherence to antidiabetic medication.

Biography
Nor Fadhillah is now pursuing her doctoral study in Nursing at University Putra Malaysia. Nor Fadhillah has completed her Master degree in University Sains Malaysia in year 2014. She is an academic trainee at University Sultan ZainalAbidin, Terengganu. She has published 2 papers. Currently, she has submitted one article to be published in an international journal.
Final Scientific Program

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<td>Day 2</td>
<td>Detour on the road to Eradicating Tuberculosis: The Malaysian Perspective</td>
<td>Hj. Ahmad Nazzan bin Abdullah, Independent Researcher, Malaysia</td>
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<td>Plenary Forum</td>
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<tr>
<td>10:00-10:50</td>
<td>Title: Addressing Public Health Nurse Roles as an Integral of Community Health Intervention for Global Healthcare</td>
<td>Rosnah Sutan, University Kebangsaan Malaysia, Malaysia</td>
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<td>10:50-11:30</td>
<td>Role of nurses in critical care medicine</td>
<td>Mahabubul Islam Majumder, Comilla Medical College, Bangladesh</td>
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<td>11:30-11:45 @ Foyer</td>
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<td>11:45-12:25</td>
<td>Workshop on How to improve outcomes of people with bipolar disorder by teaching self management techniques</td>
<td>Kirsten Bond, University of Manchester, UK</td>
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<td>Lunch Break</td>
<td>13:15-14:00 @ Temptations Restaurant</td>
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<td>Sessions: Critical Care Nursing &amp; Emergency Nursing</td>
<td>Clinical Nursing</td>
<td>Loie Couch, Barnes-Jewish Hospital, USA</td>
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<td>Session Chair</td>
<td>Zainul Rashid Mohamad Razi, University Kebangsaan Malaysia, Malaysia</td>
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<td>14:25-14:50</td>
<td>Title: Protecting a Vulnerable Population - Renovation of a Bone Marrow</td>
<td>Loie Couch, Barnes-Jewish Hospital, USA</td>
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<td>Transplant Unit</td>
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<td>14:50-15:15</td>
<td>Title: Education and training for disaster health response including NBC disaster</td>
<td>Soon Joo Wang, Hallym University, South Korea</td>
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<td>15:15-15:40</td>
<td>Title: Approach to the Undifferentiated Patient: Triage Vs Early Warning Signs</td>
<td>Imen Debbiche, Universal Hospital, United Arab Emirates</td>
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<td>15:40-16:05</td>
<td>Title: Focus Extracorporeal shockwave therapy improves immediate and short-term functional outcomes of shoulder adhesive capsulitis</td>
<td>Wei-Tso Chia, National Taiwan University Hospital, Taiwan</td>
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<td>Networking &amp; Refreshments Break</td>
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<td>Cross-cultural Nursing and Models of Care</td>
<td>Robelita N.Varona, University of The Philippines Manila, Philippines</td>
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<td>Session Chair</td>
<td>Masoud Mohammadnejad, Fiji National University, Fiji Islands</td>
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<tr>
<td>16:20-16:45</td>
<td>Disaster Preparedness Of The Public Health Team in Rural Health Unit Facilities</td>
<td>Robelita N.Varona, University of The Philippines Manila, Philippines</td>
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<td>16:45-17:10</td>
<td>POCT: Bench to Bed: Where are we now?</td>
<td>Saint Nway Aye, International Medical University, Malaysia</td>
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<td>Title: Factors associated with Glycemic control among type 2 diabetes mellitus (T2DM)</td>
<td>Masoud Mohammadnejad, Fiji National University, Fiji Islands</td>
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<tr>
<td>Title: Neural correlates of care setting in a sample of Chinese children double orphaned by AIDS</td>
<td>Michael E. Behen, CHM Translational Imaging Center, USA</td>
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<td>17:35-18:00</td>
<td>Title: Faith-Based Leaders Caring For Older Adults In A Natural Disaster: A Study Of</td>
<td>Hurricane Sandy, New York Institute of Technology, USA</td>
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<tr>
<td>18:00-18:20</td>
<td>Title: Uncompensated Care and the Financial Impact in the Emergency Department</td>
<td>Pamela Treister, New York Institute of Technology, USA</td>
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<td>Title: Medication adherence and its associations with socio-demographic factors and clinical profiles among type 2 diabetes mellitus patients.</td>
<td>Nor Fadhillah Abdullah, Universiti Putra Malaysia, Malaysia</td>
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<td>WCNH-002</td>
<td>Title: Practices of Breast Self-Examination among Female Teacher’s</td>
<td>Fatimah Aref, Universiti Putra Malaysia, Malaysia</td>
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<td>WCNH-003</td>
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<td>Yi-Tung Lin, E-DA hospital, Taiwan</td>
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<td>WCNH-004</td>
<td>Title: Sweet Mystery Case Report of a Rare Presentation of Myelodysplastic Syndrome as the Sweet’s Syndrome</td>
<td>Abeer Arain, University of Illinois Urbana-Champaign, United States</td>
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<td>WCNH-005</td>
<td>General Hospital in England</td>
<td>Gordon Caldwell, Worthing Hospital, UK</td>
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Day 1 June 25, 2018
Function Room 9

08:30-09:30  Registrations
09:30-09:35  Introduction
09:35-10:00  Opening Ceremony

**Plenary Forum**

10:00-10:50  **Title: The Role of Nursing in Reproductive Medicine**
Zainul Rashid Mohamad Razi, University Kebangsaan Malaysia, Malaysia

**Keynote Forum**

10:50-11:30  **Title: The Development of Critical Thinking Skill in New Graduate Nurses and Patient Outcomes**
Lorrie Fischer-Blitch, Magellan Christian Academy Phoenix, USA

**Networking & Refreshments Break 11:30-11:45 @ Foyer**

11:45-12:25  **Title: Addressing current challenges with trustworthy evidence: Interventions for preventing elder abuse**
Philip Baker, Queensland University of Technology, Australia

**Sessions: Nursing Management | Nursing Education and International Trends | Psychiatric and Mental Health Nursing**

Session Chair: P. Thamil Selvam, The National Defence University of Malaysia (UPNM), Malaysia
Session Co-Chair: Essam Hamed Amin Ali, Universal Hospital, United Arab Emirates

**Session 1**

12:25-12:50  **Title: Relationship between the Harmonization of Work and Living of Nursing Staff**
Fumie Nakamura, Ashikaga Institute of Technology, Japan

12:50-13:15  **Title: Vagus Nerve Stimulation: Innovative approaches to treatment resistant depression and bipolar disorder**
Kirsten Bond, University of Manchester, UK

**Lunch Break 13:15-14:15 @ Temptations Restaurant**

14:15-14:40  **Title: Quick Tour of Healthcare Accreditation, certification and Licensure versus System implementation**
Marwa El-Saidy, Healthcare Quality Consultant, Egypt

14:40-15:05  **Title: Quality Management in healthcare sector**
Essam Hamed Amin Ali, Universal Hospital, United Arab Emirates

15:05-15:30  **Title: Self-Directed Learning and Lifelong learning**
Khin Saw Yu, International Medical University, Malaysia

15:30-15:55  **Title: Nursing care for patients with a stoma**
P. Thamil Selvam, The National Defence University of Malaysia (UPNM), Malaysia

**Networking & Refreshments Break 15:55-16:10 @ Foyer**

**Sessions: Community Health Nursing | Cardiac Nursing | International Nursing and Global Health**

Cancer & Oncology Nursing

Session Chair: Lorrie Fischer-Blitch, Magellan Christian Academy Phoenix, USA
Session Co-Chair: Masoud Mohammadnejad, Fiji National University, Fiji Islands

16:10-16:35  **Title: Introduction to Complementary and Alternative Medicine (CAM)**
Maryse Pedoussaut, FIU Hebert Wertheim college of medicine, USA

16:35-17:00  **Title: Knowledge, Attitude and Practice towards Cardiovascular Disease among adults attending Accident & Emergency Unit of Colonial War Memorial Hospital, Suva, Fiji Islands**
Masoud Mohammadnejad, Fiji National University, Fiji Islands

17:00-17:25  **Title: Effects of Honey on Inflammatory Markers, Bone Markers and Oestadiol Levels in in emergency department of public hospitals, in Sana’a Capital City, Yemen 2017**
Khalid Al-Dar, Yemen Field Epidemiology Training Program (Y- FETP), Yemen

17:25-17:50  **Title: Breast Cancer Patients**
MahaaneemMohamed, Universiti Sains Malaysia, Malaysia

**Panel Discussion**

19:00-20:00  Cocktails @ Pool Side
Medication adherence and its relations with type 2 diabetes patients’ socio-demographic factors and clinical profiles.

Nor Fathiah Abdullah,1,2 Lee Khuan1, Cheong Ai Theng1 and Siti Noorakhlinah Sowati3
1 Department of Nursing, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor.
2 Institute of Health Research, Ministry of Health Malaysia.
3 Department of Family Medicine, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Serdang, Selangor.

INTRODUCTION

- Diabetes Mellitus is a chronic non-communicable disease that increased in trend worldwide due to modernization and unhealthy lifestyle.
- Anti-diabetic medication is one of the treatment that offered to the diabetes patients to optimize blood glucose level (Chaudhury & Mirza, 2017).
- However, medication non-adherence has been identified as one of the main failure reason for diabetes management (World Health Organization, 2003).

OBJECTIVE

- To determine the adherence rate of anti-diabetic medications among type 2 diabetes patients.
- To determine the associated factors of medication adherence with socio-demographic and clinical profiles among type 2 diabetes patients.

METHOD

- Study design: Cross-sectional study
- Sample design: Systematic random sampling.
- Data collection: July 2017 - November 2017
- Data analysis: Statistical Software of Social Sciences (SPSS) 22
- Descriptive and multivariate logistic regression analysis were done.
- The confidence interval was set at 95% CI with p value of 0.05.

RESULTS

- A response rate for this study was 93.4%.

Table 1: Associated factors of medication adherence (n=399)

<table>
<thead>
<tr>
<th>Variable</th>
<th>Multiple Logistic Regression</th>
<th>Adjusted Crude OR (95% CI)</th>
<th>p</th>
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<tbody>
<tr>
<td>Race</td>
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<tr>
<td>Malay</td>
<td>0</td>
<td>1</td>
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<tr>
<td>Chinese</td>
<td>-0.61 (0.30, 1.00)</td>
<td>0.046</td>
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<tr>
<td>Indian &amp; others</td>
<td>-0.64 (0.31, 0.89)</td>
<td>0.017</td>
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<tr>
<td>HbA1c reading</td>
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<tr>
<td>Poor (HbA1c&gt;7%)</td>
<td>0</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Good (HbA1c&lt;7%)</td>
<td>-0.98 (0.23, 0.61)</td>
<td>0.000</td>
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CONCLUSION

- Racial differences in medication adherence might suggest the element culture variances in daily practice and lifestyle shall be further explored.
- The contributing factors other than socio-demographic and clinical profile were suggested to be explored from patients’ point of view.
- A formulation of patient-centred strategies on medication adherence may improve the patients’ adherence on anti-diabetes medication.

REFERENCES


ACKNOWLEDGEMENTS

- The study was funded by UPFRGS grant number 5524771.