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Pattern of Herbal and Dietary Supplement Usage and Conventional Medication Adherence among Patients with Chronic Kidney Disease: A Survey Finding

By: [Sowtali, SN](#) (Sowtali, S. N.)<sup>[1]</sup>; [Rasani, AAM](#) (Rasani, Mohd A. A.)<sup>[2]</sup>; [Shah, ASM](#) (Shah, Mohd A. S.)<sup>[3]</sup>; [Yusoff, DM](#) (Yusoff, Mohd D.)<sup>[4]</sup>; [Draman, CR](#) (Draman, C. R.)<sup>[3]</sup>; [Harith, S](#) (Harith, S.)<sup>[5]</sup>; [Zainol, NAJ](#) (Zainol, N. A. J.)<sup>[6]</sup>; [Nawi, NI](#) (Nawi, N., I.)<sup>[7]</sup>; [Zuki, NAM](#) (Zuki, Mohd N. A.)<sup>[7]</sup>

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INTERNATIONAL MEDICAL JOURNAL MALAYSIA  
Volume: 18 Issue: 3 Pages: 154-164  
Published: DEC 2019  
Document Type: Article

Abstract

Introduction: There is widespread use of herbal and dietary supplements worldwide among patients despite robust clinical evidence of its efficacy. This may lead to adverse effects, such as diabetes, hypertension, stroke, cardiovascular risk and kidney problems due to inappropriate self-prescription. This study was performed to determine the prevalence of herbal and dietary supplements usage among patients with chronic kidney disease and its association with the socio-demographic background and the conventional medication adherence. Materials and methods: A survey was conducted among 78 chronic kidney disease patients attending the Nephrology Clinic, Hospital Tengku Ampuan Afzan, Kuantan, Pahang. Data were collected using a questionnaire and analyzed using descriptive statistics, Chi Square Test and Fisher's Exact Test. The p-value was set to be less 0.05 for its level of significance. Results: Most of the patients aged more than 50 years (89.7%), female (53.8%), unemployed (41%) and from lower socioeconomic earners (75.6%). Only 5.2% of respondents reported using herbal and dietary supplements. There was no association between socio-demographic background with the herbal and dietary supplements usage. Similarly, there was no association between herbal and dietary supplements usage and the conventional medication adherence. Conclusion: This study provides a good baseline on the usage of herbal and dietary supplements use among chronic disease patients. It can be concluded that the level of awareness among the patients is good. Nevertheless, a larger study shall be performed in the future to explore the pattern of association.

Keywords

Author Keywords: [Herbal and dietary supplements](#); [chronic kidney disease](#); [conventional medication adherence](#)

KeyWords Plus: [ALTERNATIVE MEDICINE](#); [COMPLEMENTARY](#)

Author Information

Reprint Address: Sowtali, SN (reprint author)

+ Int Islamic Univ Malaysia, Dept Profess Nursing Studies, Kulliyyah Nursing, Level 2,Jalan Hosp Campus,POB 141, Kuantan 25710, Malaysia.

Addresses:

- + [ 1 ] Int Islamic Univ Malaysia, Dept Profess Nursing Studies, Kulliyyah Nursing, Level 2,Jalan Hosp Campus,POB 141, Kuantan 25710, Malaysia
- + [ 2 ] Int Islamic Univ Malaysia, Kulliyyah Nursing, Dept Med Surg Nursing, Level 2,Jalan Hosp Campus,POB 141, Kuantan 25710, Malaysia
- + [ 3 ] Int Islamic Univ Malaysia, Kulliyyah Nursing, Dept Internal Med, Level 3,Jalan Hosp Campus,POB 141, Kuantan 25710, Malaysia
- + [ 4 ] Univ Sains Malaysia, Sch Hlth Sci, Hlth Campus, Kubang Kerian 16150, Kelantan, Malaysia
- + [ 5 ] Univ Sultan Zainal Abidin, Fac Hlth Sci, Sch Nutr & Dietet, Terengganu 21300, Malaysia
- [ 6 ] Ara Damansara Med Ctr, Lot 2,Jalan Lapangan Terbang Subang,Seksyen U2, Shah Alam 40150, Selangor, Malaysia
- [ 7 ] Subang Jaya Med Ctr, Jalan SS12-1,SS 12, Subang Jaya 47500, Selangor, Malaysia

E-mail Addresses: [sitinoorkhairina@iium.edu.my](mailto:sitinoorkhairina@iium.edu.my)

Funding

Funding Agency	Show details	Grant Number
International Islamic University Malaysia (IIUM)		RIGS 16-143-0307
Universiti Sains Malaysia		
Universiti Sultan Zainal Abidin		

[View funding text](#)

Publisher

INT ISLAMIC UNIV MALAYSIA, KULLIYAH MEDICINE, JALAN SULTAN AHMAD SHAH, KUANTAN PAHAN, 25200, MALAYSIA

Categories / Classification

Research Areas: General & Internal Medicine

Web of Science Categories: Medicine, General & Internal

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