

DIABETES AND DIABETIC NURSE EDUCATION CARE AND PRACTICE

September 28-29, 2018 | Montreal, Canada

Medication adherence among type 2 diabetic ambulatory patients in Zewditu Memorial Hospital, Addis Ababa, Ethiopia

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Poor adherence to diabetic medication treatment is a common problem which causes severe health complications and increased mortality. Measuring the level of adherence and associated factors on treatment is needed to evaluate the overall treatment outcome of chronic illness including diabetes. This study aimed to assess medication adherence among ambulatory patients with type 2 diabetes mellitus in Zewditu Memorial Hospital in Addis Ababa, Ethiopia. Institutional based cross-sectional study was employed in Zewditu Memorial Hospital. The data were collected from March-April, 2016 on 275 systematically selected patients that are already registered and have to follow up. A structured questionnaire was used to interview respondents and a retrospective patient medical record review was also made. Data were analyzed using SPSS version 20 for Windows software. A p-value of 0.05 or lower was considered statistically significant. Ethical clearance was obtained from Jimma University institutional review board and permission from respective heads of internal medicine department of the hospital. Among 275 respondents adherence to anti-diabetic drugs was sub-optimal 141 (51.3%). The mean age for the studied population was 53.07 (SD \pm 12.784) years. Females were 59 (51.3%). Income (AOR=141, 95% CI: 0.46-1.430), lack of patients physician relationship and communication (AOR=3.432, 95% CI: 1.695-6.948), patient education (AOR=3.854, 95% CI: 2.156-6.888) and exercise (AOR=3.12, 95% CI: 1.607-6.116) were factors that had a significant association to medication nonadherence. Adherence to anti-diabetic drugs was sub-optimal. The patient-physician relationship and communication are low. Health professionals should educate diabetic patients about the importance of medication adherence.

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