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## Evaluating the effect of diabetic patient knowledge on medication adherence and glycemic control

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**Background:** Diabetes mellitus (DM) is a common metabolic disorder that is associated with many complications. These complications can be prevented or delayed by ensuring good glycemic control. This control can be achieved only if appropriate pharmacological treatment is prescribed to a patient who is totally adherent to such treatment.

**Aim of study:** To assess patient diabetic knowledge and the effect of such knowledge on medication adherence and glycemic control among patients with type 2 DM.

**Methods:** A cross-sectional, multicenter study, for a convenient sample of 53 adult patients with type 2 DM was done during November 2015. A direct interview with each patient was done to assess their medication adherence and diabetic knowledge using already developed questionnaires. HbA1c for each patient was also obtained from the laboratory sheet at the day of the interview.

**Results:** In this study a significantly higher percent (77%, 62%, and 51%) of patients had poor diabetes knowledge, medication adherence and glycemic control respectively. Diabetic patient knowledge is positively correlated with medication adherence and with better glycemic control; furthermore diabetic patient knowledge is positively influenced by patient educational level.

**Conclusion:** Poor diabetic patient knowledge may be negatively affecting on patient medication adherence and glycemic control.

### Biography

Ehab Mudher Mikhael received the BSc degree in Pharmacy from Baghdad University, Baghdad, Iraq, in 2006, and the MSc degree in Clinical Pharmacy from Baghdad University in 2013. In 2008, he joined the Department of Clinical Pharmacy, College of Pharmacy, Baghdad University, as instructor, and in 2013 became an Assistant Lecturer. He has more than 27 pharmaceutical and medical research papers. His current research interests include pharmacotherapy of autoimmune diseases, pharmacotherapy of diabetes mellitus, and ethical issues in pharmacy practice and diabetes mellitus. He is an Editorial Board Member of 3 pharmaceutical journals.

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