A study to assess the medication adherence among patients with chronic diseases.

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Abstract

A true descriptive study was conducted to assess the medication adherence among patients with chronic diseases in selected health care settings at Mangalore", by Mrs. Aswathi Sukumaran as a partial fulfilment of the requirement of the degree of Maters of Science in Nursing at SCS College of Nursing Sciences, Mangalore.

Decsription

Many patients with chronic illnesses have difficulty adhering to their recommended medication regimen. As the former Surgeon General. Everett Koop reminded us, "Drugs don't work in patients who don't take them. Should recognize that poor medication adherence contributes to suboptimal clinical benefits, particularly in light of the WHO's statement that increasing adherence may have a greater effect on health than any improvement in specific medical treatments. The multifactorial nature of poor medication adherence implies that only a sustained, coordinated effort will ensure optimal medication adherence and realization of the full benefits of current therapies. Taking medication correctly may seem like a simple or personal matter, but non-adherence (or not taking medication as directed) is a complicated and common problem. People do not realize the real damage or consequences of non-adherence. When patients with chronic conditions such as cardiovascular disease do not take medication as directed, the repercussions can be severe. For instance, not keeping blood pressure in check can lead to heart disease, stroke, and kidney failure. One person may face different barriers at different times as he or she manages his or her condition. Whatever the reason, you could miss out on potential benefits, quality of life improvements, and could lose protection against future illness or serious health complications The full benefit of many effective medications will be achieved only if patients adhere to prescribed treatment regimens. Find the association between medication adherences among patients with

chronic diseases with selected demographic variables. Assess the mediation adherence among patients with chronic diseases in using medication adherence questionnaire. A descriptive study was conducted among 100 patients with chronic diseases

who were selected by non-probability purposive sampling technique. The study was conducted in High Land Hospital Kankanady and Unity Hospital, Mangalore. Data was collected through demographic performa, and medication adherence questionnaire. The data collected was analysed and interpreted based on descriptive and inferential statistics. In the sample 44% of patients had good medication adherence, 48% had fair medication adherence and 8% had poor medication adherence.

Chi-square test was done to analyse the association between the levels of medication adherence with selected demographic variables. The study findings show that, there is significant association between the levels of medication adherence with selected demographic variables such as age, occupation, family income, chronic illness, and duration of illness. There was no significant association between the levels of medication adherence with selected demographic variables were gender, religion, education status, area of illness, and source of information. The present study shows that majority of the patients with chronic diseases have fair medication adherence and they requires strategic plan to maintain the adherence.

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