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# THE IMPACT OF PATIENT MEDICATION ADHERENCE ON HBA1C LEVEL AMONG TYPE 2 DIABETES MELLITUS PATIENTS

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**Background:** Pharmacist counselling has a positive effect on patient's medication adherence and patient's glycaemic control, therefore, on health outcome. There is a great interest to assess the impact of pharmacist counselling on medication adherence and glycaemic control.

**Objective:** This study assessed the impact of pharmacist counselling and follow-up on medication adherence and HbA1c Levels.

**Methods:** This interventional study used the longitudinal method to compare the diabetic patients' HbA1c levels before ('pre-intervention period') and after the intervention ('post-intervention period'). A total of 102 patients have volunteered and met the inclusion criteria. HbA1c levels were extracted from patients' medical files before applying pharmacist intervention and compared with HbA1c levels after applying pharmacist intervention. The pharmacist followed up the patients once a month at the hospital and twice a month through phone calls for six months. HbA1c is measured in this study from laboratory test results. HbA1c is classified into two categories which are poor control and good control, in both baselines (pre) and at the end of the study (post). Good (HbA1c ≤ 6.5%) and poor (HbA1c > 6.5%). Data were analysed by the statistical package for social sciences (SPSS v20).

**Results and Discussion:** 73.5% of patients were male, where 81.4% of the patients who participated in this study were aged 61– 70 years old. There were significant differences between HbA1c pre-test and post-test which the P-value HbA1c recorded before the intervention has increased to 60% after the intervention program, whereas, 60% of patients with poor control HbA1c had decreased after the intervention program to 40%. Conclusion: This study reflects the important role of pharmacist counselling on patient's glycaemic control, whereas patients who received pharmacist counselling exhibited a perfect rate of medication adherence and in turn lead to successful glycaemic control.

## BIOGRAPHY

Ali Saleh Alkhoshaiban has completed his PhD in 2018 from Universiti Tecknologi Mara (UiTM), Malaysia. He is a clinical pharmacist at Qassim University Medical City and director of the pharmacy department. He has publications that have been cited over many times with high index.

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