

DETERMINANTS OF ANTIDIABETIC TREATMENT ADHERENCE IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

Widya Kaharani Putri¹⁾, Setyo Sri Rahardjo²⁾, Dono Indarto²⁾

¹⁾Masters Program in Public Health, Universitas Sebelas Maret

²⁾Faculty of Medicine, Universitas Sebelas Maret

ABSTRACT

Background: Medication adherence is an important contributor to improved patient health. While effective medications are a cornerstone of prevention and disease treatment, yet only about half of patients take their medications as prescribed, resulting in a common and costly public health challenge for the health care system. This study aimed to investigate the determinants of antidiabetic treatment adherence in patients with type 2 diabetes mellitus.

Subjects and Method: This was an analytic observational study with a case control design. The study was carried out in Dr. Soeroto Hospital, Ngawi, East Java, from June to July 2018. A sample of 200 type 2 diabetes mellitus patients was selected by fixed disease sampling. The dependent variable was drug taking adherence. The independent variables were education, motivation, family support, and health personnel support. The data were collected by questionnaire and analyzed by a multiple logistic regression.

Results: Drug taking adherence increased with higher education (b= 2.37; CI 95%= 1.05 to 5.33; p= 0.037), strong motivation (b= 7.06; 95% CI= 2.74 to 18.17; p<0.001), strong family support (b= 8.58; 95% CI= 3.32 to 22.16; p<0.001), and strong health personnel support (b= 11.79; 95% CI= 4.55 to 30.60; p<0.001).

Conclusion: Drug taking adherence increases with education, motivation, family support, and health personnel support.

Keywords: drug taking adherence, education, motivation, family support, health personnel support

Correspondence:

Widya Kaharani Putri. Masters Program in Public Health, Universitas Sebelas Maret, Jl. Ir. Sutami No. 36 A, Surakarta 57126.

Email: widya.kaharani@gmail.com. Mobile: 081515932993