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Disease knowledge & adherence to drug therapy among diabetic patients

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Background: Most of interventions that have attempted to improve medication adherence in type 2 diabetes have been educational; on the assumption that knowledge regarding diabetes might affect patients' adherence to their treatment regimen and disease control.

Objectives: The purpose of the study was to investigate any association of knowledge and medication adherence with blood sugar level in patients with type 2 diabetes mellitus.

Material and method: A cross-sectional study was conducted with a convenience sample of 100 adult patients with type 2 diabetes attending the the diabetes outpatients clinic, Bharati Vidyapeeth Deemed University, Medical College,Pune. A questionnaire including previously validated diabetes knowledge test and Morisky medication adherence scale was used and the patients' medical records were reviewed for blood sugar levels and other disease related information.

Results: Exactly 42% of study population had good knowledge of diabetes mellitus & 90.476% (38 out of 42) were adherent to drug therapy with better glycemic control. Descriptive statistics, chi square test & Pearson's correlation were used in evaluating the data obtained. A significantly higher score for knowledge and adherence (p<0.001) was found in those patients with lower BSL. Higher diabetes knowledge, higher medication adherence was significant predictors of good glycemic control.

Conclusion: Patients' knowledge about diabetes is associated with better medication adherence and better glycemic control and less incidence of diabetes related complications.

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