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Medication adherence and factors influencing medication adherence among haemodialysis patients

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End-stage renal disease (ESRD) is a chronic disorder where the only treatment is replacement of renal function, either by kidney transplantation or through renal dialysis. The most common problem in hemodialysis patients is poor adherence. The United States Renal Disease Data System USRDS (1998) noted that hemodialysis patients were prescribed a median of eight different medications, hence there are high possibility of non-adherence. Poor adherence often leads to additional and often unneeded tests, dosage adjustments, changes in the treatment plan, or hospitalization and increase in treatment cost. This can lead to complications such as earlier death. There are several factors that contribute to non-adherence to medication among dialysis patients such as various demographic factors, complicated regimen, medication adjustment and multiple doses.

Study design used in this research was prospective observational study. Survey approach used in this research was cross-sectional survey. All hemodialysis patients who underwent their dialysis at Hospital Tuanku Ja'afar, Seremban, Malaysia during the period from February 2010 to May 2010 were included in the study.

A data collection form was developed to aid documentation of patients' information. A questionnaire comprises of Morisky scale and self-administered questionnaire was developed to investigate the level of and factors influencing medication adherence.

According to World Health Organization Adherence (2003), medication adherence can be defined as the situation to which a person's behavior corresponds exactly with medical or health advice as directed. There are multiple factors that influence medication adherence was investigated in this study such as education level, level of knowledge, technical problems, medication related barriers, health team - patient relationships, patients' related barriers and social support barriers.

Biography

Tan Sing Shia has completed Bachelor of Pharmacy (Hons) at the age of 25 years from UCSI University, Malaysia. She is also a registered/ licensed pharmacist under Malaysia Board of Pharmaceutical. She is a member of Malaysian Pharmaceutical Society, Malaysia Young Pharmacist Society and Member of Malaysia Renal Pharmacy Group. She worked as a renal pharmacist in Malaysia Government Hospital in her earlier life of career. Later on she ventured into pharmaceutical organization and held position as product manager at Fresenius Medical Care and Kotra Pharma Company. She is currently a director of Task Us - pharmaceutical marketing and training services company.

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