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### **Medication adherence among adults with asthma at a tertiary teaching hospital in Malaysia**

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**Introduction:** Asthma affects an estimated 300 million people worldwide. The estimated prevalence of asthma among adults in Malaysia is 4.2%. One of the important factors in poor asthma control is non-adherence to treatment. Evidence has indicated prevalence and severity of symptoms and rates of hospital admission for adults with asthma are increasing in many countries due to non-adherence to prescribed medication.

**Methods:** The purpose of this study was to assess the level of knowledge and attitude of patients with asthma at a tertiary teaching hospital and to determine factors that influence adherence to prescribed medications. The study design was a non-experimental, cross sectional design using self administered questionnaire adapted from Leroyer et al. The sample consisted of 109 adults with asthma from the respiratory clinics at the hospital.

**Results:** Nearly two thirds (61%, n=67) was found to be in the low adherence range with only 3% (n=3) and 36% (n=40) in the high and medium adherence range respectively. The mean score on asthma knowledge and attitude indicated poor knowledge (mean score: 5.45 max score: 12, SD 2.58) but positive attitude (mean score: 81 max score: 93 SD 8.78). The presence of comorbidities significantly predicted the adherence (OR=16.21, 95% CI: 7.76-33.84, P<0.01). However other factors, including age, sex, ethnicity, duration of asthma diagnosis and number of prescribed medications did not significantly adhere adherence (P>0.05).

**Conclusion:** Adults with asthma at a tertiary hospital in Malaysia had poor adherence to prescribed medications. Comorbidities were the only factor found to significantly predict medication adherence in adults with asthma. Thus management of comorbidities is essential to achieve better adherence to medication and better control of the condition.

#### **Biography**

Khatijah Lim Abdullah is an Associate Professor at the Department of Nursing Sciences, Faculty of Medicine; University of Malaya. She has obtained both her BSc in Nursing Studies and Masters in Health Services Management from the University of Manchester UK and her Doctorate from the University of Southampton, UK. Her current research interests are in inter-professional education, nursing practice, patient shared decision making, particularly in non-communicable diseases (NCDs), patient safety and clinical leadership.

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