

38th ASIA- PACIFIC

NURSING AND MEDICARE SUMMIT

OCTOBER 03-04, 2018 OSAKA, JAPAN

Study on medication adherence of decoction preparation and usage of outpatients from public Chinese medicine clinics in Hong Kong Special Administrative Region (HKSAR)

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Background: The clinical efficacy of Traditional Chinese Medicine (TCM) is positively associated with the decoction preparation and usage, which must be achieved by patient's medication adherence. However, such a study of HKSAR patients with decoction preparation and usage has not been thoroughly explored.

Objectives: The study was to investigate the prevalence and influencing factors of the medication adherence of decoction preparation and usage in public Chinese medicine clinics in HKSAR.

Method: A cross-sectional study was carried out among 384 samples from 18 public Chinese medicine clinics in HKSAR. Outcome measure comprised of 17 factors or conditions by using a validated questionnaire from Cao Wenting, Dong Chunling and Sun Qing (2016) regarding the medication adherence of decoction preparation and usage.

Results: The overall adherence rating as "Good" was 25.0%; the adherence of decoction preparation and decoction usage rating as "Good" were 54.4% and 40.9% respectively; the social support and personal attitude rating as "Good" was 75.3%. There is no statistically significant difference of overall medical adherence between demographic parameters of patients ($p>0.05$). However, patient's age, education level and the number of decoction prescriptions may be a factor in association with the level of adherence.

Conclusion: The overall medical adherence to decoction preparation and usage of outpatients from public Chinese medicines clinics in HKSAR is not satisfactory in general. Efforts should be taken seriously.

Biography

Yeuk-Lung Chow has completed MPhil degree from Chinese Medicines University of Guangzhou, China and is pursuing PhD since 2016. He is a Licensed Chinese Medicines Pharmacist, a part-time tutor in nursing department of Open University of Hong Kong, the Director of Healthy Pharmaceutical Limit and the Deputy Chief Supervisor of Hong Kong Chinese Medicine Pharmacists Association. He has participated in more than 10 papers in academic journals.

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