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Study on medication adherence of decoction preparation and usage of outpatients from public Chinese medicine clinics in Hong Kong special administrative region

Kin-Man Leung, Yuen-Bik Cheng, Yee-Shan Yiu, Y L Chow, Y C Kam and M K Li
Open University of Hong Kong, Hong Kong

Background: The clinical efficacy of traditional Chinese medicine is positively associated with the decoction preparation and usage, which must be achieved by patient's medication adherence. However, such a study of Hong Kong Special Administrative Region (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. The medication adherence of decoction preparation and usage was measured by a validated, self-administered questionnaire developed by Cao, et al. (2016). Convenient sampling procedure was applied and chi-square test was used in data analysis.

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 medication 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 medication adherence of decoction preparation and usage of outpatients from public Chinese medicine clinics in HKSAR is not satisfactory in general. Efforts should be taken seriously.

Biography

Kin-Man Leung has completed Master of Nursing in Chinese Medicine Nursing from The Open University of Hong Kong (OUHK) in 2018. He is a Specialty Nurse in the Acute Stage General Surgical and Urological Ward at Tseung Kwan O Hospital and has been working since 13 years.

curtisleung1980@yahoo.com

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