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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

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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

Yee-Shan Yiu has completed Master of Nursing in Chinese Medicinal Nursing from The Open University of Hong Kong (OUHK) in 2018. She has over 13 years clinical research experience and currently working as a research Nursing Officer in the Division of Respiratory Medicine, Department of Medicine and Therapeutics, The Chinese University of Hong Kong.

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