ABSTRACT

THE CORRELATION BETWEEN MEDICATION ADHERENCE AND QUALITY OF LIFE OF ASTHMA PATIENTS

(Based on MARS-A and AQLQ Instruments at Several Primary Health Care Center in Surabaya)

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Asthma is a result of chronic inflammation of the airways that may decrease productivity and cause difficulties in performing daily activities. Thus, leading to a decline in patient’s quality of life. Adherence to asthma therapy is necessary to achieve positive outcomes, to improve the patient's ability to perform daily activities as well as their quality of life. This study was aimed to determine the relationship between medication adherence and quality of life of asthma patients.

A cross sectional study using random sampling technique was conducted. Adherence was measured using the Medication Adherence Report Scale for Asthma (MARS-A) questionnaire and quality of life was measured using the Asthma Quality of Life Questionnaire (AQLQ) questionnaire. The respondents were 52 asthma patients from several primary health care center in Surabaya. The results showed that 42 (80.8%) respondents did not adhere and 10 (19.2%) respondents adhered to their asthma treatment and 42 (80.8%) respondents had medium quality of life, 7 (13.4%) respondents had good quality of life, and 3 (5.8%) respondents had poor quality of life. The result of Pearson correlation analysis showed that there was a moderate correlation between drug use compliance and quality of life (p < 0.05, r 0.367).

Therefore, pharmacist need to be aware of the adherence to medication of patients with asthma. is necessary to increase the role of the pharmacist in pharmaceutical services with appropriate counseling and education as well as monitoring the use of drugs to minimize non-adherence in asthma patients.

Keywords: Adherence, Quality of Life, Asthma, MARS-A, AQLQ