

ABSTRACT

DRUG PROFILE PRESCRIPTION AND COMPLIANCE OF DIABETES MELLITUS PATIENTS IN PUSKESMAS REGION IN EAST SURABAYA

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Diabetes mellitus is a metabolic disorder, which is characterized by hyperglycemia. Adherence to treatment regimens and a healthy lifestyle is important to achieve therapeutic goals so that the quality of life of patients improves. The aim of this study is to determine the profile of drug prescription and the adherence of patient with diabetes mellitus at community health care center in East Surabaya. A descriptive study with accidental sampling that using pill count and self report method that is ARMS questionnaire and lifestyle questionnaire.

The study was conducted on 196 respondents and the results showed that the most prescribed oral antidiabetic drug was a combination of metformin 500 mg and glimepirid 2 mg (89.8%). Two thirds (62.8%, n = 196) respondents complied using drugs according to the pill-count method while the rest, 47.2% (n = 196), were non compliance. Measurement of adherence to refill and treatment using the ARMS questionnaire method showed that more than 60 percent (67.3%, n = 196) respondents had moderate adherence while others had high and low adherence rates respectively, 24.5% and 7.1%. More than three quarters (79.1% n = 196) of respondents had moderate compliance with healthy lifestyle, while the rest had the following level of compliance with healthy lifestyle: high 16.8% and low 4.6%.

Oral antidiabetic drugs that the most prescribed in Gading Community Health Care Center were combination of metformin 500 mg and glimepiride 2 mg. There are still many diabetic patients who are non-adherence and fewer adherences with their treatment as well as their healthy lifestyle recommendations. Pharmacists must continuously educate patients about the importance of medication adherence and the care for a healthy lifestyle towards achieving the desired therapeutic outcome.

Keyword: Diabetes mellitus, Antidiabetic oral, Patient adherence