

ABSTRACT

THE ASSOCIATION BETWEEN BARRIER TO ADHERENCE AND MEDICATION ADHERENCE IN PATIENTS WITH DIABETES MELLITUS TYPE 2

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Diabetes mellitus is one of chronic disease, characterized by metabolic disorders. Uncontrolled diabetes mellitus may lead to disease complications. Barriers in adherence was a determinant of medication adherence in diabetes mellitus patients. The study aimed to identify the association between barrier to adherence and medication adherence in diabetes mellitus patients at primary healthcare centers in Surabaya. A cross sectional study using accidental sampling was conducted to adherence. Barrier was measured using the Identification of Medication Adherence Barriers Questionnaire (IMAB-Q) and adherence in medication was measured using Adherence to Refills and Medications Scale (ARMS). About 266 type 2 diabetes mellitus patients were participated in this study at primary health care centers in Surabaya. The result showed that there was an association between barrier in medication and medication adherence ($p < 0,05$; $r = 0,304$). In conclusion, about 69,5% ($n = 185$) patients were not adherent to their medications. It is important to improve the role of pharmacist in community by serving counseling, monitoring, and education about factors to improve patient adherence.

Keywords: adherence, ARMS, barriers, diabetes mellitus, IMAB-Q, survey