

ABSTRACT

**THE EFFECT OF INFORMATION ON THE ADHERENCE OF
TYPE 2 DIABETES MELITUS PATIENT THERAPY
"Study at Gading Community Health Care Center Surabaya "**

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Diabetes mellitus is a disease that requires long-term therapy, so adherence is very important in order to achieve the ultimate outcome. However, the level of patient medication adherence is relatively low so that efforts are made to improve the adherence of a patient, including giving information verbally and in writing. The purpose of this study is to determine the effect of giving information on adherence to therapy for diabetes mellitus patients. A quasi experimental study, with pre and post control group design was conducted at Gading Community Health Centre in Surabaya. This study uses accidental sampling and the adherence was measured by pill count and self report method, using ARMS questionnaire and lifestyle questionnaire. The study was conducted on 76 patients with type 2 diabetes mellitus who were randomized into two groups, as many as 38 respondents in the control group and 38 respondents in the treatment group. The result show that there was an effect of giving information on adherence ($p = 0.000$) for the delta ARMS score, ($p = 0.045$) for delta lifestyle score and also ($p = 0.017$) for pill count. Therefore pharmacist need to giving information related to pharmacological and non pharmacological therapies so that the therapeutic adherence of patient with diabetes mellitus will increase.

Keywords: Diabetes mellitus; Giving information; Patients adherence