



Adherence to Medication Regimens among Patients with Type 2 Diabetes

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Abstract:

The aim of this study was to assess the adherence to medication regimens among patients with type 2 diabetes with regard to sociodemographic and medical data.

The research instruments were a self-developed questionnaire and the Adherence to Refills and Medications Scale. The study involved 200 type 2 diabetic patients in the 41–92 age bracket. Most of the respondents of the study (64%) were married. 72.5% of the surveyed were retired, and only 2.5% were unemployed. 66.5% lived in cities. The most numerous (42.5%) were respondents with vocational education, and the least numerous (8.5%) those with tertiary education. The average duration of the disease was 8 ± 6.72 years and fluctuated between 1 and 40 years; typically the disease lasted from 3 to 10 years.

The scores on the ARMS ranged from 12 to 43 points, which means that some patients followed all doctors instructions scrupulously. The best possible minimum score was achieved by 13 respondents. No one obtained the maximum score suggesting absolute non-adherence to therapeutic regimens. The main score on the ARMS was 17.09 ± 4.67 .

Analysis did not demonstrate statistically significant differences in the influence of sociodemographic factors (sex, place of residence, marital status, education, employment, education, and type of therapy) on the patients' adherence to therapeutic regimens according to the ARMS. Logistic regression demonstrated that the duration of the disease (OR 0.885; 95% CI: 0.761-1.028) and type of therapy did not significantly contribute to the odds of obtaining exactly 12 points on the ARMS ($p > 0.05$).

Biography:

Małgorzata Starczewska has been an academic teacher since 2006 at the Faculty of Health Sciences of the Pomeranian



Medical University in Szczecin, where she defended her doctoral thesis in 2014. She is the author or co-author of many articles in reputed Polish and foreign journals. She focuses her research interests on issues related to nursing, public health, psychiatry, and psychology.

Publication of speakers:

- Starczewska M et al ; Variety of symptoms of GLUT1 deficiency syndrome in three-generation family, 2020
- Starczewska M et al ; Prognostic scoring systems for mortality in intensive care units-the APACHE model, 2014
- Starczewska M et al ; Anaesthesia in patients with liver disease, 2017
- Starczewska M et al ; Post-anaesthesia pulmonary complications after use of muscle relaxants (POPULAR): a multicentre, prospective observational study, 2019
- Starczewska M et al ; Near-perfect infectivity of wild-type AAV as benchmark for infectivity of recombinant AAV vectors, 2010 Mar 25

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