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**FACTORS AFFECTING ADHERENCE TO INSULIN THERAPY AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS: PRELIMINARY RESULTS FROM A TEACHING HOSPITAL, SRI LANKA.**

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**Introduction:** In recent decades, the prevalence of type 2 diabetes Mellitus(T2DM) has increased significantly worldwide, Including Sri Lanka. Insulin therapy is an important component of pharmacological management of T2DM.However there is a limited data available on factors that affecting adherence to insulin therapy among patients with T2DM in Sri Lanka.

**Objective:** To determine factors that affecting adherence to insulin therapy among patients with T2DM in a tertiary care hospital, Sri Lanka.

**Methods:** A descriptive cross sectional study was conducted among purposively selected patients with T2DM(n=110).A pretested, questionnaire was administered by interviewer and eight item Morisky medication adherence scale were used collect data. Descriptive statistics were used to analyze the data. Ethical approval was obtained from the Ethics Review committee, Faculty of Medical Sciences, University of Sri Jayawardenapura.

**Results:** Majority of participants were diagnosed with T2DM for 2- 15 years(70%)and taking insulin as their medication treatment for 1-5 years(85.5%).The overalladherence rate was found to be 42.7% and non adherence was 57.3%.A statistically significant association was found between adherence and knowing about the complications due to non-adherence (p=0.001), not having financial problems to buy the insulin and injecting devices (p=0.000), don't forget to take insulin (p=0.000), don't have emotional problem or stress(p=0.000),don't have challenging to take insulin at same time of everyday(p=0.000), taking meals on time(p=0.001).

**Conclusion:** Adherence to insulin therapy among participants was less due to inadequate patient knowledge and awareness about the importance of adherence for the prescribed medication. Patients' knowledge on diabetes is a key factor determining their adherence to medication and diabetes management. Therefore, health care providers should provide more effective health educational interventions to enhance medication adherence.