

Medication adherence to Metered dose inhalers and associated factors among Asthma patients in Teaching Hospital Jaffna

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Introduction and Objectives: The poor medication causes the poor clinical outcome of therapy. Further, it can trigger the incidence of mortality, recurrent hospitalization, and increased healthcare expenditure. This study aimed to determine the medication adherence among asthmatic patients using Metered Dose Inhaler (MDI) at Teaching Hospital Jaffna and to assess the association of socio-demographic-economic factors and disease-related factors on asthma patients' adherence.

Methods: A descriptive cross-sectional study was conducted among the adult asthmatic patients who attended the Medical Clinic, Teaching Hospital Jaffna, from July to September 2021. An interviewer-administered questionnaire was used to collect socio-demographic, economic factors, patient-related factors, and medication adherence. Pretested and validated medication adherence self-reported questionnaire was used, and adherence level was categorized as good and poor. Data were analyzed using SPSS software. A Chi-square test was used to determine the association between variables.

Results: Out of 367 participants, 331 (90.19%) responded to the study. The mean age of patients was 56.9±16.9 years. The majority of the participants (n=192, 58%) were female. 39.9% (n=132) participants showed good adherence and 60.1% (n=192) showed poor adherence. Family history of asthma (p=0.03) showed a statistically significant association with medication adherence among the factors. Forgetfulness, lack of reminders and financial issues were common reasons attributed to non-adherence.

Conclusion: The majority of asthma patients showed poor adherence to MDI. Medication adherence of asthma patients could be improved by introducing appropriate dose reminder systems and financial support to needy patients.

Keywords: Medication adherence, MDI, Asthma patients