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MEDICATION-RELATED BURDEN AMONG WITH CHRONIC DISEASE CONDITIONS: PERSPECTIVES OF PATIENTS ATTENDING NON-COMMUNICABLE DISEASE CLINICS IN A PRIMARY HEALTHCARE SETTING IN QATAR

Zidan A^a, Awaisu A^a and Kheir N^a^aQatar University, Qatar

Objectives: To assess the burden of medication therapy from the perspective of patients with non-communicable diseases (NCDs), and to investigate the magnitude of the association between medication burden and the self-reported adherence to the prescribed medications. **Methods:** This was a cross-sectional study conducted in primary care clinics in Qatar. Perceived medication burden was assessed using the English and Arabic versions of the Living with Medicines Questionnaire (LMQ) among adults diagnosed with diabetes. The tool measured eight domains of medications burden as well as global burden represented by a Visual Analogue Scale (VAS). Patients were also asked about adherence to their prescribed medications using the Adherence to Refills and Medications Scale (ARMS) in both languages.

Results: A total of 293 patients with chronic conditions reported the existence of minimum (66.6%) to moderate (24.1%) degrees of burden. There was a moderate positive correlation between the scores of LMQ and ARMS, $r(251) = 0.317$, $p < 0.0005$. Diagnosis duration of diabetes ($\beta = 0.203$, $p < 0.05$), adherence score ($\beta = 0.342$, $p < 0.05$), marital status ($\beta = 0.161$, $p < 0.05$), employment status ($\beta = -0.191$, $p < 0.05$), and the presence of hypertension ($\beta = -0.131$, $p < 0.05$) were significant predictors of overall medication burden. **Conclusions:** A considerable proportion of NCD patients receiving primary care services in Qatar are suffering from burden related to their therapy. Healthcare providers should seek strategies to detect this burden especially among patients with risk factors of cardiovascular diseases, non-adherent to medication therapy, living alone, or non-employed.

Biography

Amani Zidan is a researcher in the field of clinical pharmacy and practice. She has started conducting research since she was an undergrad student of Pharmacy. She has recently earned her Master of Science in Pharmacy degree from Qatar University. During her graduate studies, she has participated efficiently in many research projects including designing and conducting a randomized controlled trial, questionnaire adaptation and validation practice, as well as quantitative study. This work produced many scholarly outputs including articles published in peer reviewed journals as well as participation in local, regional, and international conferences. She has also used her research experience in teaching an undergraduate class of pharmacy about questionnaire development and adaptation.

az1405317@student.qu.edu.qa

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