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The effect of educational intervention educational program using WhatsApp on adherence to anti-diabetic drugs in primary health care units

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Background: Low adherence to pharmacological therapy by patients with diabetes mellitus is a frequent and represents a worldwide challenge.

Introduction: This study examined the effect of an education intervention program using WhatsApp_ messaging on medication adherence of patients with type 2 diabetes mellitus

Abstract: A randomized clinical trial was performed with 500 patients who had diabetes and who had enrolled in the 3 primary health care units (diabetes clinic) The patients were randomly assigned to either the intervention group (n = 250), which received usual care (multi-professional educational appointments according to each Unit schedule) plus 60 audio, image or text WhatsApp messages about health care promotion, with an emphasis on medication adherence,. The control group (n = 250) only received usual care. Medication adherence, as measured by the Morisky-Green Test, was compared through the chi-square test after 6 months Relative risk (RR) was used as a measure of effect size.

Results: After the follow-up period (6 months), 75% of the patients in the intervention group were adherent versus 51.3% in the control group (RR: 1.15, 95% confidence interval = 0.88–1.53, p = 0.056).

Discussion: There was a clinically significant impact associated with increase in medication adherence than the control group

Conclusion: Given the complexity of adherence to the use of antidiabetic and antihypertensive medications, educational interventions using WhatsApp could be useful as a reinforcement to increase adherence to medication.

Keywords: type 2 diabetes,health technology, health promotion, telemedicine

Biography

Ibrahim El- Bayoumy holds bachelor of medicine and surgery (Tanta faculty of medicine-Egypt,1989), then he earned his master degree in public health, preventive and social medicine (Tanta faculty of medicine-Egypt 1996) and MD, PhD in public health, preventive and social medicine 2003 from Tanta faculty of medicine-Egypt and McGill faculty of medicine–Montreal-Canada in division of clinical epidemiology in Royal Victoria hospital through double channel system as scholarship from ministry of education-Egypt. He is Full professor of public health and community medicine in Tanta faculty of medicine-Egypt since November 2016. Now he is working in ministry of health in Kuwait as consultant of public health and preventive medicine. He has published many research works in international journals, he is interested in research in epidemiology of infectious diseases like HIV, tuberculosis, brucellosis and infectious hepatitis, he is interested in epidemiology of chronic diseases like diabetes mellitus and its health economics, obesity and cancer and pharmacoepidemiology. He is a reviewer of many national and international journals. He has obtained post-graduate Master degree in diabetes care and education-Dundee faculty of medicine-Scotland–UK October 2015. He is working now as lecturer and tutor for post graduate studies of public health in university of South Wales-UK. He is Adjunct professor in school of public health in Texila American University in Guyana-South America since May 2018.

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