FZZ-P2 PROCENA ADHERENCE PACIJENATA OBOLELIH OD DIJABETES MELITUSA PRIMENOM UPITNIKA MARS-5

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Adherenca kod pacijenata obolelih od dijabetesa je važna jer se pravilnom primenom terapije i savetovanjem pacijenata preveniraju komplikacije bolesti i postižu se bolji terapijski ishodi.

Cilj istraživanja bio je procena stepena adherence kod pacijenata obolelih od dijabetesa tokom pružanja farmaceutske zdravstvene zaštite. 30-dnevno istraživanje sprovedeno je u šest apoteka AU „Lilly drogerije" u vidu intervjua, primenom upitnika MARS-5 i dodatnih pitanja otvorenog tipa, prilagođene pacijentima koji primenjuju peroralne hipoglikemike i pacijentima sa insulinskom terapijom.

Dodatna pitanja odnosila su se na pravilnu primenu terapije, kontrolu glikemijskih parametara, krvnog pritiska, lipidnog statusa, načinu ishrane i mogućim komplikacijama dijabetesa. U istraživanju je učestvovalo 50 pacijenata : 25 na oralnoj hipoglikemijskoj terapiji i 25 na insulinu, od toga 64% pacijenata su bili stariji od 65 godina 32% starosti 40-60 godina i 4% starosti 30-40 . Rezultati ukazuju da 14% pacijenata (7) ponekad zaborave da primene lek, 20% pacijenata (10) retko, dok 66% pacijenata (33) nikad ne zaboravlja da primeni lekove. Dozu leka ponekad promeni 15 pacijenata (30%) , retko 7 pacijenta (14%) dok 28 pacijenata (56%) ne menja dozu leka. Polovina ispitanika (25) ne kontroliše redovno HbA1c. Većina pacijenata koristi glukometar, zna da prepozna simptome hiper i hipoglikemije, upoznata je sa hroničnim komplikacijama, kontroliše krvni pritisak i status lipida i sprovodi nefarmakološke mere.

Rezultati ukazuju na visok stepen potrebe za proverom stepena adherence i njenog unapređenja kroz farmaceutsku zdravstvenu zaštitu.

FZZ-P2 ASSESSMENT OF ADHERENCE IN PATIENTS WITH DIABETES MELLITUS USING THE MARS-5 QUESTIONNAIRE

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Medication adherence in patients with diabetes mellitus is essential for preventing disease-related complications and achieving optimal therapeutic outcomes through appropriate pharmacotherapy and patient counseling.

The aim of this study was to assess the level of medication adherence among patients with diabetes mellitus during the provision of pharmaceutical care. A 30-day cross-sectional study was conducted in six community pharmacies of the AU "Lilly Drogerie" pharmacy chain using face-to-face interviews, using the Medication Adherence Report Scale (MARS-5), supplemented with open-ended questions tailored to patients receiving either oral antihyperglycemic or insulin therapy. Additional questions addressed appropriate medication use, glycemic control, blood pressure, lipid monitoring, dietary habits and diabetes-related complications. A total of 50 patients participated, including 25 receiving oral antihyperglycemic agents and 25 treated with insulin. Most participants were older than 65 years (64%), followed by those aged 40–60 years (32%) and 30–40 years (4%). The results showed that 14% of patients (7) occasionally forgot to take their medication, 20%(10) rarely forgot, while 66%(33) reported never forgetting their therapy. Dose modification without professional consultation was reported occasionally by 30% of patients (15), rarely by 14%(7), whereas 56%(28) never changed the prescribed dose.Half of the participants 50%(25) did not undergo regular HbA1c monitoring. Most patients regularly used a glucometer, recognized symptoms of hypo and hyperglycemia, were aware of chronic diabetes complications, monitored blood pressure and lipid levels, and followed recommended non-pharmacological measures.

The results indicate a high degree of need for checking the degree of adherence and its improvement through pharmaceutical health care.