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Disruptive factors of treatment adherence of diabetic patients in downtown Sfax from Tunisia – a community pharmacy-based survey

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Abstract

The transition known by Tunisia in recent years is also reflected in an increase in the incidence of diabetes mellitus in the population. The factors responsible for non-adherence to antidiabetic treatment affect the patient's quality of life and increase the incidence of complications, health insurance costs, and the mortality rate.

The present study aimed to highlight the main factors that disrupt the adherence to treatment of diabetic patients (DP's) in a region of Tunisia. The study was conducted at a community pharmacy in downtown Sfax, Tunisia, and was intended for DP's who were asked to respond to a face-to-face interview. Data analysis was performed using SPSS version 17. Descriptive data statistics have were performed in the form of frequencies and percentage tests.

Out of 150 DP's interviewed, over 80% justify their treatment non-adherence by the large number of drugs consumed daily, over 40% have difficulty in obtaining antidiabetic drugs (lack of money, drugs), around 40% does not follow the daily dose regimen. Also, about a quarter of patients discontinued antidiabetic treatment due to the development of side effects (digestive disorders, hypoglycemia).

The results of our study showed, on a small scale, the existence of abovementioned factors that affect the adherence to treatment of these DP's. Further, socio-economic factors, insufficient personalization of the medical prescription and reduced patient involvement in the care of his own state of health will be reflected in the development of complications of this disease and will affect the quality of life of the DP.

Keywords: medication adherence, diabetes mellitus, Tunisia, community pharmacy

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