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NON-ADHERENCE TO MEDICATIONS, DIET AND PHYSICAL ACTIVITY AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS ATTENDING A HEALTH CLINIC IN BRUNEI DARUSSALAM

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Background:

Diabetes Mellitus (DM) is one of the leading causes of death in Brunei Darussalam and the prevalence of DM, including Type 2 Diabetes Mellitus (DM2), is about 11%. Non-adherence to medications, diet and physical activity is a common issue in DM2 patients.

Methods:

A quantitative study was carried out using a self-reported questionnaire. HbA1c levels were taken from the most recent measurement preceding the questionnaire. Data were analysed from 129 completed questionnaires.

Results:

Prevalence of non-adherence to medications, diet and physical activity in the study sample was found to be 14%, 45% and 76% respectively. The number of years for which patients have been diagnosed with DM2 was associated with non-adherence to medications. Age and income level was found to be associated with non-adherence to diet. Reasons identified for non-adherence to medications include forgetfulness, difficulty remembering to take medication and discontinuing their medications due to feeling better or worse than they had been. As expected, patients who were non-adherent to medications and diet have a higher median HbA1c level compared to those who were.

Conclusion:

Clinicians faced with DM2 patients with high HbA1c values should consider counselling their patients on adherence, not just to medications, but also diet.

Keywords:

Non-adherence, Type 2 Diabetes Mellitus, HbA1c, counselling, diet