

Assessment of Knowledge Practice and Adherence to Thyroxin Treatment in Thyroid Cancer Patients at Badulla Provincial General Hospital, Sri Lanka

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Thyroid cancer is one of the main cancer types and hence it becomes a main health concern globally. Recent studies have revealed an upsurge of thyroid cancer in Sri Lanka. Poor knowledge, practice, and adherence to treatment are factors which affect the quality of lives of patients and their families. Objectives of this study were to assess patients' knowledge, practice, and adherence to thyroxin used for thyroid cancer in the oncology clinic at Badulla Provincial General Hospital. An interviewer-administered questionnaire was used to collect data from 80 patients who visited the clinic during 24th May 2018 to 22nd June 2018. The questionnaire consisted of 4 parts Part A - demographic data, Part B - patients' knowledge on thyroid cancer and treatment, Part C - patients' knowledge of medicines used for thyroid cancer and Part D - patients' practice and adherence regarding medicines used for thyroid cancer. Each correct response was given one mark with no negative marks allocated for false responses. Final total mark was categorized according to an in-house built scale. The results of the study revealed that majority (32.6%) of the participants belonged to the age category 51-60 years with male predominance (33.3%) in that group. Nearly half the patients had a fair knowledge of thyroid cancer while 58.5% of patients were fairly knowledgeable on thyroid cancer medicines including thyroxin. Regarding thyroxin, 76.8% had a clear idea on correct storage conditions. However, was 59 % of patients usually missed/skipped their daily thyroxin dose which shows poor adherence. It can be concluded that participants had a fair knowledge of thyroid cancer, and thyroxin but poor practice and adherence to thyroxin treatment. Further studies are needed to increase the knowledge, practice and adherence to treatment for thyroid cancer.

Key words: Thyroid Cancer, Knowledge, Practice, Adherence, Thyroid medicine