

What is the Influence of Patient Education and Compliance on Medication for the Prevention of Diabetic Nephropathy?

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Diabetic nephropathy is the leading cause of end-stage renal failure. To control long-term complications of diabetes, hyperglycemia, and hypertension should be controlled. For this patients should have proper knowledge about the disease, relevant tests, and drugs. Non-compliance with medication is the principal cause of complications related to diabetes including kidney failure. Diabetic nephropathy can be prevented with close dietary management, exercise, and the use of appropriate medications. Therefore, knowledge of the disease, tests, medications, and their usage is a critical factor in renal impaired patients. This research was supposed to determine the knowledge level on disease, tests, medications, and usage of such medications of renal impaired patients 100 patients were selected from the diabetic nephropathy clinic, in the General Hospital Kandy. A pre-validated interviewer-administer type questionnaire was given to the selected random sample. It contains 25 questions including open-ended and indirect questions. Marks (1% -100%) were given to each question, final marks were analyzed to decide whether the sample had adequate knowledge and compliance on medication to prevent diabetic nephropathy or not. This research reveals that most of the patients don't have adequate knowledge about their disease, tests, and drug therapy and a positive physician-patient relationship is the most important factor in improving compliance. Statistical Analysis showed that there exists a linear relationship between compliance and gender/age/education/marital status. To improve patient knowledge and compliance on medication have to increase patient education. Compliance with medication is poor. To alleviate this situation nurses and other health care professionals in clinics and pharmacies have to educate patients about the drugs they are receiving. Pharmacists have a major responsibility to improve patient compliance with medication. Healthcare administrators must recruit enough qualified nurses, pharmacists, and other health care professionals for proper management of patients with diabetic nephropathy.

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