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Factors associated with medication non-adherence in Chinese patients with systemic lupus erythematosus

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Objective: The aim of this study was to determine prevalence and factors associated with medication non-adherence in Chinese patients with Systemic Lupus Erythematosus (SLE).

Method: A cross-sectional investigation was performed. Participants were recruited by convenience sampling from Rheumatic Clinic of a University hospital between June 2016 and September 2016. Patients self-reported medication adherence was assessed by the Morisky 8-Item Medication Adherence Scale. Additional surveys included patients' demographics, clinical and treatment characteristics. Logistic regression analysis was used to identify factors associated with medication non-adherence.

Result: A total of 140 patients were included in analysis. The percentage of patients classified as non-adherent to medication was 75%. Low education, rural residency, childless, limited comprehension of medication instructions, side effects experienced dissatisfaction with treatment and better physical health were associated with an increased risk of non-adherence.

Conclusion: This study demonstrated a great prevalence of medication non-adherence in Chinese SLE patients and factors associated with the medication non-adherence are multifaceted. Patients' adherence may be improved by interventions for these factors, such as appropriate adjustment of the service resources of rheumatic disease in rural communities and improved communication between the healthcare providers and the patients, including the need for healthcare providers to identify and discuss any questions and concerns which the patient may have regarding their disease and medications.

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