

Annual Academic Sessions – 2019

Faculty of Health – Care Sciences

Eastern University, Sri Lanka

27th August 2019

BOOK OF ABSTRACTS



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AAS/FHCS/2019- 004

**FACTORS ASSOCIATED WITH MEDICATION NONCOMPLIANCE
AMONG MENTALLY ILL PATIENTS AT TEACHING HOSPITAL,
BATTICALOA**

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Background: Medication noncompliance to treatment is a major problem in mentally ill patients. Noncompliance can be not taking the medication at the recommended dose and frequency or not taking the medication at all. Taking the prescribed dose of medication, at the correct time, and for the full course of treatment is fundamental to realize the full potential benefits of medications.

Objectives: To assess the factors associated with medication noncompliance, the knowledge regarding the importance of compliance and treatment among the patients with mental illness.

Method: Descriptive cross sectional study was carried out in all mental health units and clinic at Batticaloa Teaching Hospital. Systematic sampling method was used to recruit participants. Data were collected using pre-tested interviewer administered questionnaire.

Results: The study consisted of 118 (58.1%) males and 85 (41.9%) females. Overall knowledge regarding the importance of adherence to the medication was excellent 22 (12%), good 112 (59%), below average 53 (28%) and poor 3(1%). Lack of family support, fear, nature of the job, confusion, too many pills, non-availability, poor insight, no improvement, worsening of the conditions, hopelessness, and lack of adequate instruction, personal obligations, carelessness, adverse drugs reaction, cost, long duration, and self-checking for the reappearance were the significant factors identified for noncompliance ($p<0.05$).

Conclusions: Most of the participants (71%) had good overall knowledge on medication compliance. This study highlights many factors associated with medication non-compliance, which could be used to plan mental health care and nursing care interventions to reduce medication noncompliance in mentally ill patients.

Keywords: Mentally Ill Patient, Medication Noncompliance