



Other Abstracts

Medication Compliance Clinic in a General Out-patient Clinic: Its Function and Implication

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Introduction:

The prevalence of medication non-compliance of local chronic patients is high as about 50%. Such high non-compliance rate leads to medication wastage and poor disease control of patients which incurred hospital readmission. Thus, a general out-patient clinic (GOPC) based pharmacist-led medication compliance clinic was established so as to tackle this problem.

Purpose of the Project:

This project investigated the medication compliance of GOPC patients, examined the function of medication compliance clinic and deduced such clinic's implication.

Material & Methods:

This project employed a pretest-posttest and quasi-experimental design. Patients, who attended a local GOPC and were indicated medication non-compliance, were referred to the medication compliance clinic by physicians, nurses or pharmacists from January to June in 2007. Patients' baseline medication compliance score and medication knowledge were assessed by face to face interview using structured questionnaire. Then, client-centered pharmacist interventions such as counselling, education with leaflet, introduction of pill box and tablet cutter were provided in the clinic. Post-tests were arranged on their next GOPC follow-up.

Results:

Thirty-one patients, who indicated medication non-compliance, had completed this study. The majority of the patients (77%) were aged above 60 with mean age 70 (SD=18). The main reason of non-compliance was insufficient knowledge of their diseases and medications (61%). The mean post-test medication compliance score was 92% (SD=21) which was significantly higher than the mean pre-test score which was 48% (SD=40) ($Z=-4.7$, $p<0.01$). The percentage of patients, who could recall the indication of their medications correctly, increased from 33% at pre-test to 90% at post-test.

Conclusion:

The prevalence of medication non-compliance of patients, who were elders or had inadequate knowledge about their diseases and medications, was common. Such clinics were highly recommended for other GOPCs in Hong Kong. The importance of medication compliance should be reinforced in the community to relieve the heavy burden of hospitals.