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| **Adherence to Medications and Awareness about Diabetes among Type 2 Diabetic Patients A Prospective Study**  |
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| Abstract:  | Type 2 diabetes mellitus in one of the major non communicable diseases demanding the self care, proper diet and adherence to the medications. Lack of awareness, frequent hospital visits and monetary issues lead patients to self medication of OTC (Over the Counter drugs) and non adherence. This study was prospective in nature and conducted in total no 100 patients admitted in medicine wards in tertiary care teaching care teaching rural hospital. All data were collected and subjected to percentage wise analysis. Out of 100 participants, 89% were regular with their treatment, while 11% percent were not. Among 100 participants, 62 were regular with their diet control & well aware about it, while 38% were not considering it. Only 31% were regular in regard to follow up with their doctors as well as for blood sugar check up. It was seen that majority of the participants were on path of self medication without considering their doctors’ consultation or advice. This study concludes that, diabetes is common and prevalent health problem even in rural areas. The regular follow up and strict control of hyperglycemia is mandatory to prevent the complications. Awareness programs are needed to be conducted in rural set up. Self medication can lead to serious consequences in diabetic patients; hence proper health education along with counselling is required for better health outcome.  |
| Keyword:  | Diabetes Mellitus, Hyperglycemia, Self Medication, OTC  |
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