Disease knowledge & adherence to drug therapy among diabetic patients

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**Background:** Most of interventions that have attempted to improve medication adherence in type 2 diabetes have been educational; on the assumption that knowledge regarding diabetes might affect patients' adherence to their treatment regimen and disease control.

**Objectives:** The purpose of the study was to investigate any association of knowledge and medication adherence with blood sugar level in patients with type 2 diabetes mellitus.

**Material and method:** A cross-sectional study was conducted with a convenience sample of 100 adult patients with type 2 diabetes attending the the diabetes outpatients clinic, Bharati Vidyapeeth Deemed University, Medical College, Pune. A questionnaire including previously validated diabetes knowledge test and Morisky medication adherence scale was used and the patients' medical records were reviewed for blood sugar levels and other disease related information.

**Results:** Exactly 42% of study population had good knowledge of diabetes mellitus & 90.476% (38 out of 42) were adherent to drug therapy with better glycemic control. Descriptive statistics, chi square test & Pearson's correlation were used in evaluating the data obtained. A significantly higher score for knowledge and adherence (p<0.001) was found in those patients with lower BSL. Higher diabetes knowledge, higher medication adherence was significant predictors of good glycemic control.

**Conclusion:** Patients' knowledge about diabetes is associated with better medication adherence and better glycemic control and less incidence of diabetes related complications.