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INTRODUCTION

- Medication adherence plays a crucial role in ensuring that patients follow their prescribed treatment plans and translate medical advice into consistent, positive health outcomes.
- A 2020 report revealed that medication adherence rates are only about 50% in developed countries and even lower in developing nations.
- In India, the burden of non-communicable diseases (NCDs) is steadily increasing, with cardiovascular diseases, respiratory illnesses, and diabetes accounting for approximately 4.7 million deaths and 226.8 million disability-adjusted life years (DALYs) each year.
- To address these barriers, a developed and validated medication adherence tool, MEDSTIK, was introduced.

Development of MEDSTIK Tool, Color and Shape Coding:



RESULTS

Demographics of chronic disease patients

A total of 163 regular patients with chronic diseases were enrolled in the study from three community pharmacies. The majority were male (n = 95, 58.3%) and belonged to the 41–60-year age group (n = 77, 47.2%). Most participants were diagnosed with diabetes mellitus (n = 91, 55.8%), and the majority had received their diagnosis within the past five years (n = 66, 40.5%).

Validation of the Medication Adherence Questionnaire:

A total of eight questions were included in the Medication Adherence Questionnaire (MAQ). The expert panel evaluated each item on a four-point scale, with four representing the highest score, based on relevance, clarity, simplicity, and ambiguity. For a newly developed questionnaire, an Item-Level Content Validity Index (I-CVI) and Scale-Level Content Validity Index (S-CVI) above 82% are considered the minimum acceptable threshold. All items in the developed questionnaire achieved scores above 80%, confirming their suitability for assessing medication adherence in this study.

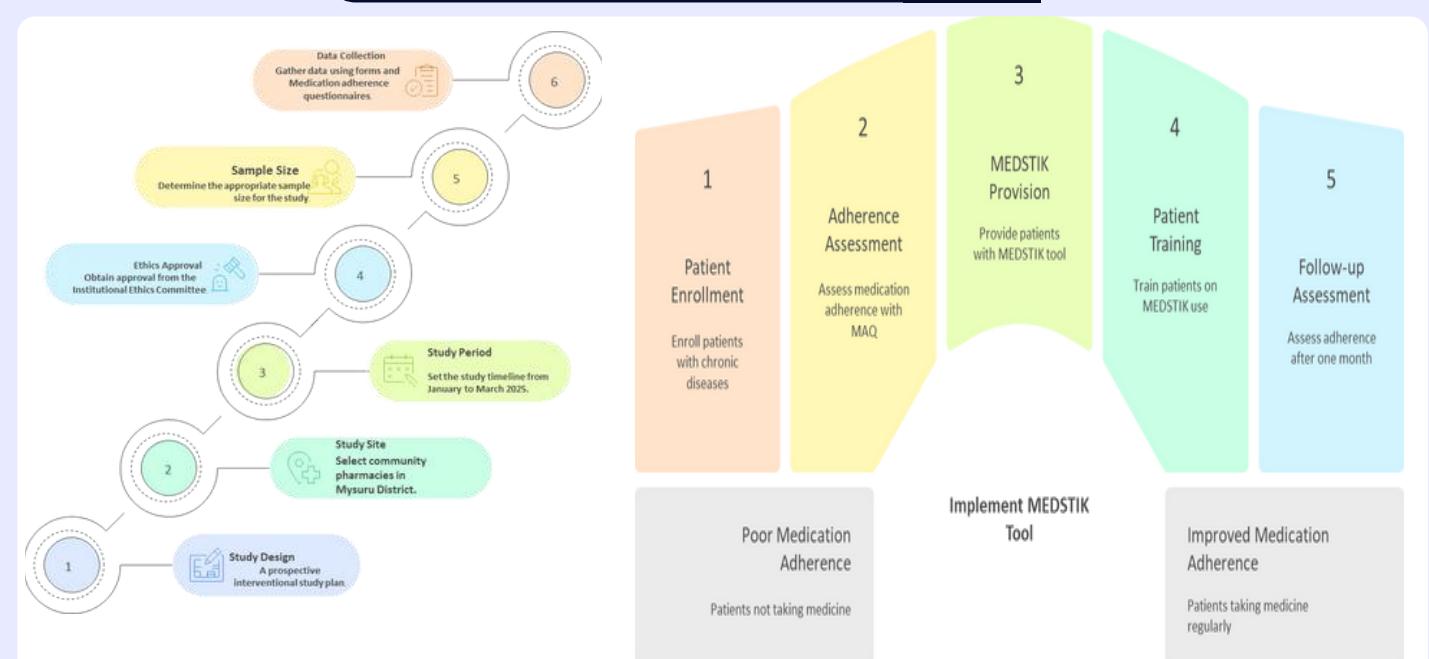
CONCLUSION

The MEDSTIK tool significantly improved medication adherence among patients with hypertension and diabetes mellitus. The overall adherence rate for these two conditions increased from 40.4% to 80.3%. These statistically significant findings support the wider implementation of the MEDSTIK tool to enhance pharmaceutical care. By offering MEDSTIK in community pharmacies, pharmacists can help patients improve their overall health outcomes, reduce costs associated with non-adherence, and enhance health-related quality of life.

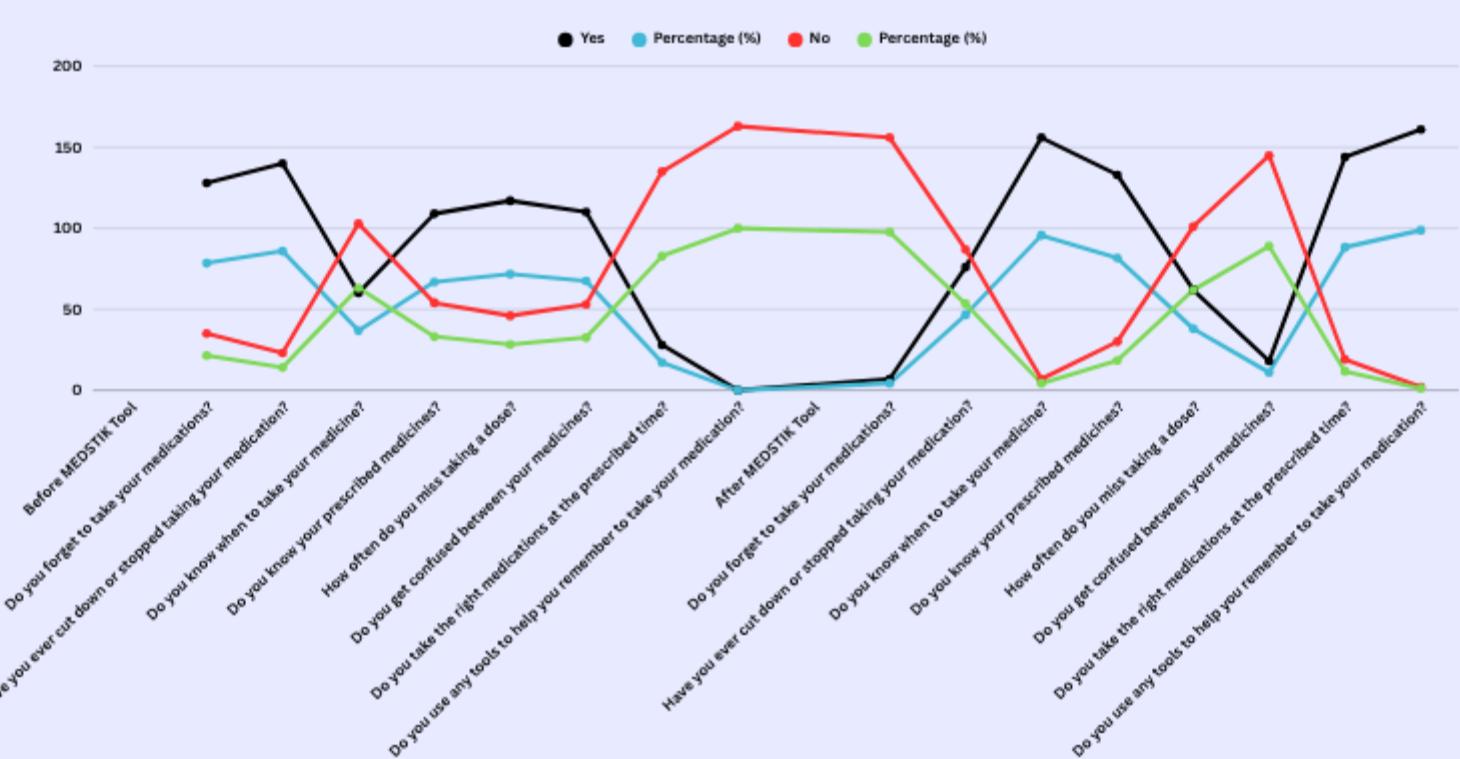
OBJECTIVE

- To assess the impact of the newly developed MEDSTIK tool in improving medication adherence in rural community pharmacies

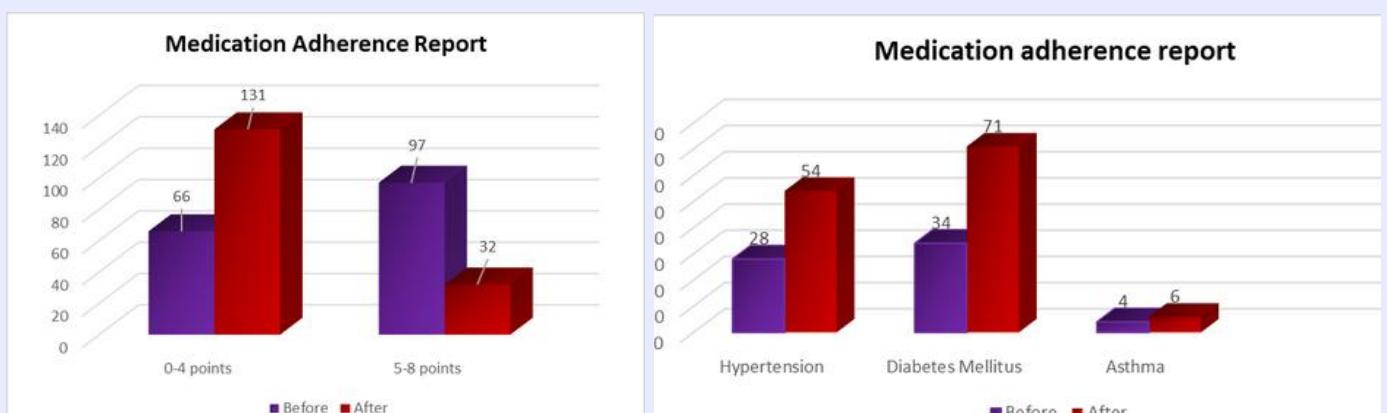
METHODOLOGY



Responses of the patients to the medication adherence questionnaire



Responses of the patients to medication adherence questionnaire



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