

ABSTRACT

**Factors associated with patient compliance
with prescribed medication
among diabetic and hypertensive patients
at the health centre of the
Department of Social and Preventive Medicine**

Neresa Lawrence-Reid

The contribution of diabetes and hypertension to mortality and morbidity in Caribbean countries is great. Both conditions have high prevalence rates. Poor control through unsatisfactory compliance with prescribed medication has been implicated in the development of complications.

A study was conducted among 62 patients attending hypertensive/diabetic clinics at the health centre of the Department of Social and Preventive Medicine. This investigation was aimed at identifying factors contributing to compliance or noncompliance with therapeutic regimens. Data was collected by questionnaire, docket and visits to patients' homes.

It was found that only 29 percent of patients were compliant although many had their conditions at satisfactory levels of control. No statistical association was found between compliance and sociodemographic variables, income, duration of illness, perceived seriousness of illness, therapeutic regimen factors, patient/health professional interaction factors

and control.

There was a strong possibility that patients were exhibiting "intelligent noncompliance". It was recommended therefore that doctors should become aware of this and use it appropriately for better therapeutic outcomes.