THE EFFECTIVENESS OF RESPIRATORY MEDICATION THERAPY ADHERENCE CLINIC (RESPI-MTAC) IN HOSPITAL TUANKU AMPUAN NAJIHAH

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ABSTRACT

Background:
Respiratory medication therapy adherence clinic in HTAN is conducted via a collaboration of physicians and pharmacist to improve patient’s respiratory symptoms, medication adherence and respiratory devices technique. Hence, this research is conducted to verify the effectiveness of Respi-MTAC in HTAN.

Aim/Objective:
To assess the effectiveness of respiratory MTAC in HTAN

Method:
This study design is a quantitative non-experimental prospective cohort study which was conducted from March 2014-August 2014 at Hospital Tuanku Ampuan Najihah.

The patients selected for this study were that diagnosed with asthma or COPD. The sampling method adapted for this research is convenience sampling method.

The study size of this research is 120 subjects whom had at least 3months follow up at HTAN.

The samples were divided into 60 COPD subjects and 60 asthmatic subjects of whom 30 were that from follow up under HTAN Respi-MTAC for asthma and COPD (control group) and 30 newly recruited patients each for asthma and COPD which formed our Respi-MTAC research group.

For each group, a baseline knowledge on respiratory devices, medication adherence and respiratory symptoms was assessed which was then followed by 3 follow up visits for further data collection on these outcomes.

A data collection form was used in this study. Inhaler technique was assessed using Inhaler technique Checklist form. Medication compliance assessment was done using Morisky Scale and to measure subjects relieve of asthmatic/COPD symptoms, ACT and CAT score form was used. In this study, data was analyzed using SPSS 16 descriptively and statistically. All tests were using α = 0.05 with confidence interval of 95%.
Results:

Throughout the research period 3 patients withdrew themselves from the research due to inability to present themselves for subsequent visits to the hospital. However a total of 120 subjects managed to complete the research successfully.

The demographic results obtained in the study can be divided into gender and mean age of the subjects. From a total of 150 patients enrolled in Respi-MTAC as of March 2014, 60 patients were recruited as subjects for this study (30 asthma and 30 COPD) which was (40.00 %). The gender distribution in this study was (62.60%) males and (37.40%) female. The mean age of the subjects was 62 years old (SD 15.48).

In this study the respiratory symptoms improvement for asthma was measured using ACT score and the mean ACT score (±SD) obtained from the study for both control and Respi-MTAC asthma group was (1854 ± 21) and (2034 ±23)

The respiratory symptoms improvement for COPD was measured using CAT score and the mean CAT score (±SD) obtained for both control and Respi-MTAC was (2964 ± 33) and (3224± 36)

Results for medication adherence obtained for asthmatic patients via average morisky score after 3 visits was (620 ±6.9) medium adherence for the control group and (656±7.2) medium adherence for Respi-MTAC group.

Hence, result is significant (p <0.05) improvement was found in Respi-MTAC group in terms of respiratory symptoms, respiratory device technique and medication adherence.

Conclusion:

Respi-MTAC is effective in improving asthma and COPD patients’ inhalation techniques, relieve respiratory symptoms and improve their medication adherence.

Keywords: RESPIRATORY, INHALATION TECHNIQUE, ADHERENCE, MTAC