

EFFECTS OF HEALTH LITERACY ON MEDICATION ADHERENCE AMONG PATIENTS WITH GLAUCOMA IN TWO OPHTHALMIC CLINICS IN OYO STATE

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ABSTRACT

Patients as the major users of medication play an important role in the medication adherence. Specifically the study investigated the effect of health literacy on medication adherence among patients with glaucoma in two ophthalmic clinics in Oyo State. This study sought to ascertain the reasons why patients with glaucoma do not adhere to proper medication and also assessed the health literacy level of patients with glaucoma before and after health literacy intervention. The experimental research design was adopted and population consisted of 55 patients with glaucoma patient. Major research instrument was a standard Medication Adherence Tool. Data were analysed using frequency, percentage, mean, standard deviation, paired “t” test at 0.05 significance level. The major findings of the study revealed that the majority of the patients with glaucoma in Oyo State were male within age group of 31-40years and traders were mainly secondary school leavers. Results also showed that majority of respondents patients were Muslim and earned below thirty thousand naira (N30, 000) monthly. Results of pre intervention showed that the subjects had inadequate health literacy level on medication adherence but had an improved knowledge after intervention. The results further showed that there is significant difference ($P < 0.004$) between pre- and post- test health literacy scores of respondents on medication adherence after administering structured literacy programmes. The mean post test score was 81% which was significantly higher than the pre-test score of 39%, the difference in the mean enhancement score was observed as 42%. Also, Paired “t” value of post-test of the patients were find to be significant at $P < 0.05$. It was also revealed that the health literacy intervention programme for the respondents had significant effect on their medication adherence in Oyo State.

In conclusion, the study shows that health literacy intervention of medication adherence is an effective strategy to improve medication adherence of patients with glaucoma in the state.

KEYWORDS: Major Research Instrument, Analysed Using Frequency, Health Literacy

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