



**Service Priorities and Programmes
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A CQI program to promote good drug adherence of peritoneal dialysis (PD) patients

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Introduction

Peritoneal dialysis (PD) patients in Prince of Wales Hospital have to take around 7 types of drug each day. Some of them may even have to take more than 10 different types of drug every day because of various health problems. Good drug adherence enhances effectiveness of drug therapy and avoids preventable hospitalization due to wrong drug administration. A baseline drug accuracy assessment was done from July to Sept 12. 197 PD patients were assessed. Only 44.2% had 100% accurate drug administration. 21.8% had below 50% accuracy. There were 5 cases required emergency follow up and 7 cases needed hospitalization due to non-drug adherence from Jan 12 to Jun 12. An empowerment program was conducted to PD patients to promote drug adherence.

Objectives

1. Promote good drug adherence to enhance effectiveness of drug therapy
2. Improve patient's empowerment in self-management
3. Avoid preventable hospitalization or unscheduled follow up due to non-drug adherence
4. Enable patient to have the best possible health and stay healthy in the community

Methodology

Convenience sampling was employed. 24 new PD patients were recruited in this study. A pre and post-test designed was employed. Outcome measures were categorized as: (1) drug knowledge, (2) accurate drug administration, (3) drug adherence barriers and self-management, (3) non-schedule follow up rate and emergency admission because of non-drug adherence.

Result

Among these 24 patients, 11 (45.8%) were females. 13 (54.1%) were with co-morbid. 8 (33.3%) of them had to take more than 8 types of drug per day. One of them even had to take more than 10 types of drug each day. 8 (33.3%) of them admitted drug non-adherence. The main barrier was "forgot". Drug knowledge was improved after the empowerment program ($p < 0.0001$). Different ways to remind drug administration

were employed by patients. Six months review showed that there were 91.37 % had 100% accurate drug administration. One of them had non-schedule follow up and none of them admitted hospital due to drug non-adherence. Empowerment program enhances drug adherence and avoids preventable complication due to drug non-adherence. However,patient empowerment is a life-long process. Continuous reinforcement and review is required to achieve the desirable outcome.