

## ABSTRACT

### PROFILE OF MEDICATION ADHERENCE IN PATIENTS WITH DIABETES MELLITUS AND OR HYPERTENSION USING A MEDICATION REMINDER APPLICATIONS

(Study was conducted at Pusura Medical Clinic for the period  
February – April 2022)

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*Diabetes mellitus is a chronic metabolic disorder characterized by hyperglycemia. Hypertension is a cardiovascular disease with a systolic pressure above 140 mmHg and a diastolic pressure above 90 mmHg. Compliance with medication is needed to comply with the rules of drug dosage for a disease. This study is an observational descriptive study, conducted prospectively during February 2022 - April 2022. The purpose of this study was to determine the medication adherence profile of patients with diabetes mellitus and/or hypertension using a medication reminder application. The level of adherence to taking medication in patients with diabetes mellitus on the pre questionnaire was in moderate adherence to 9 patients (81.81%), the post questionnaire was found in high adherence in 8 patients (72.72%). Hypertensive patients on the pre-adherence questionnaire were 16 patients (84.21%), the post-questionnaire 14 patients were in high adherence (73.68%). Patients with diabetes mellitus and hypertension on the pre questionnaire for moderate adherence were 5 patients (62.5%), the post questionnaire for moderate adherence and high adherence had the same 4 patients (50%). It is hoped that patients with diabetes mellitus and/or hypertension can increase their knowledge in order to have the attitude/desire to improve adherence to taking medication for successful treatment and to achieve controlled blood glucose and controlled blood pressure so as to reduce the risk of complications.*

**Keywords :** *diabetes mellitus, hypertension, compliance*