



Lindita Aliaga^{1,2,4} *, Armend Aliaga^{1,3}, Darinka Gjorgieva Ackova¹

1. Department of Pharmacy, Faculty of Medical Sciences, University “Goce Delčev” - Štip, Republic of North Macedonia

2. College Resonance Alma Mater Europea, Pristina, Republic of Kosovo

3. Salvus KS L.L.C Pharmaceutical Company, 4. Professional High School of Medicine "Dr. Ali Sokoli", Pristina, Republic of Kosovo

Introduction

Medication adherence plays an important role in optimizing the outcomes of many treatment and preventive regimens in chronic illness. Medication adherence is a critical component of patient treatment and is required to achieve therapeutic goals. According to the World Health Organization's 2003 medication adherence report, "increasing the effectiveness of adherence interventions may have a far greater impact on the health of the population than any improvement in specific medical treatment"

STRATEGIES TO IMPROVE MEDICATION ADHERENCE



Aim

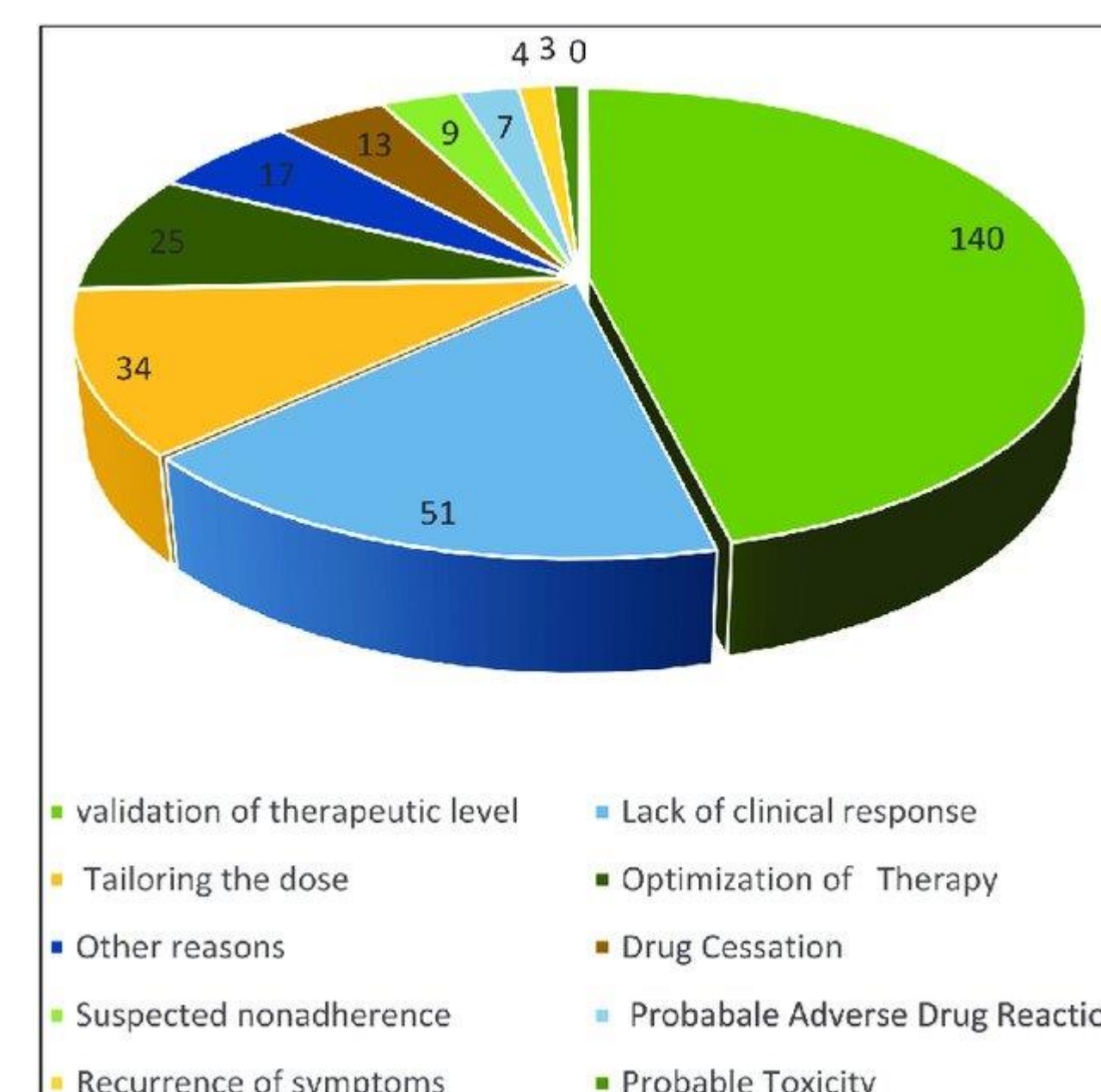
The aim of this study was to assess the level of knowledge on medication adherence among pharmacy students in Kosovo. Expected goal is increase in the students' knowledge about significance of this subject, role of pharmacists, the advantages of adherence to medication therapy, methods for enhancing medication adherence, etc

Method

This study investigates medication adherence perspectives among 25 Pharmacy students in Pristina, Kosovo, utilizing a comprehensive questionnaire administered in May 2023. The questionnaire, comprising 12 questions of both qualitative and quantitative nature, employed a dual approach involving multiple-choice and open-ended questions

Medication Adherence can be measured by several methods (Al-Hassany et al., 2019), including:

- Self-report questionnaires or structured interviews,
- Therapeutic drug monitoring (TDM),
- Electronic devices and
- Pick-up/refill rates.

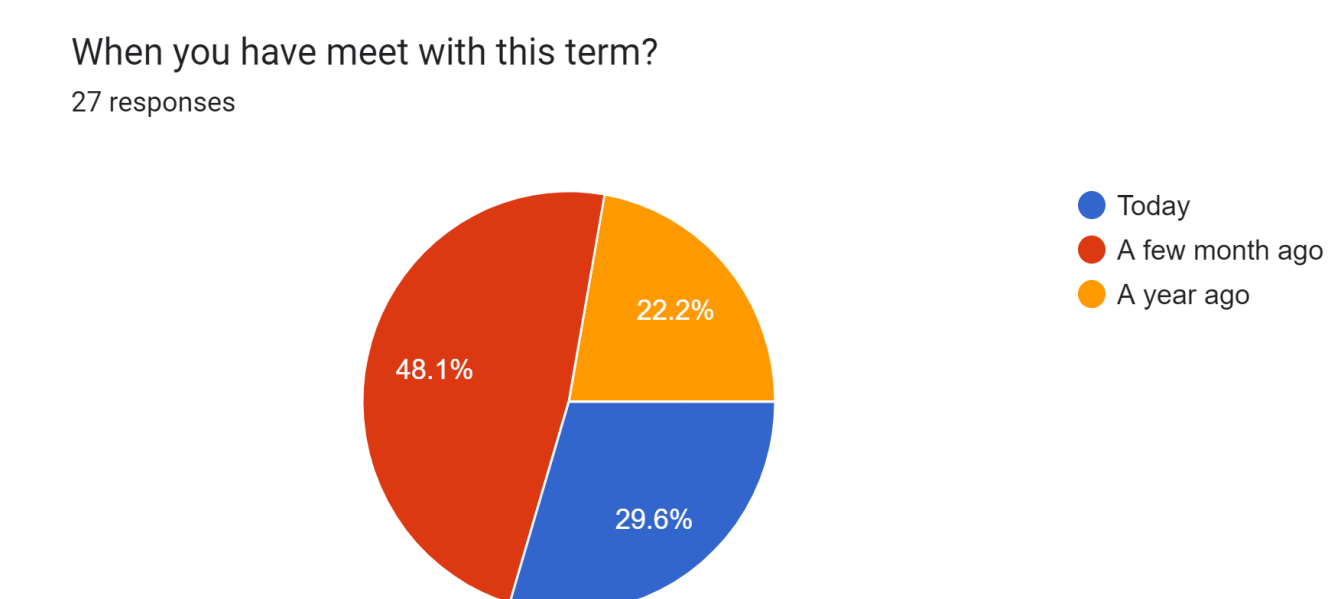


- Indications of therapeutic drug monitoring

Results

A significant 88.5% of the participants express the belief that pharmacists play a pivotal role in education about adherence. Notably, they highlight the unique position of pharmacists in physically presenting medications to the patients and effectively conveying crucial information. Additionally, 40.7% of respondents recognize the potential economic benefits associated with medication adherence, emphasizing its role in reducing healthcare costs. Furthermore, the study delves into the strategies perceived by participants to positively influence medication adherence, with an overwhelming 77.8% acknowledging the impact of these strategies on therapeutic patient education.

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Discussion

However, it is essential to recognize that addressing medication adherence is an ongoing process that requires continuous monitoring and adaptation of strategies. Healthcare systems must invest in educational programs, support networks, and technological solutions to empower patients in managing their medications effectively.

However, it is essential to recognize that addressing medication adherence is an ongoing process that requires continuous monitoring and adaptation of strategies. Healthcare systems must invest in educational programs, support networks, and technological solutions to empower patients in managing their medications effectively. By doing so, we can move towards a healthcare landscape where adherence is not viewed as a challenge but as an integral part of a holistic and patient-centered approach to treatment, ultimately improving health outcomes and the quality of life for individuals across diverse healthcare settings.

Conclusion

In conclusion, in order to successfully achieve good and persistent medication adherence, information and knowledge must also be improved within the pharmaceutical community in order to get increased adherence among patients.