

Factors Affecting Dialysis and Medication Adherence Among End-Stage Renal Disease Patients in Metro Vigan, Philippines

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Background: End-stage renal disease (ESRD) was the seventh leading cause of death in the Philippines in 2018. ESRD patients are prescribed a multi-pharmacological treatment and this contributes to a high pill burden intake. This study aimed to determine the factors affecting the adherence of ESRD patients to hemodialysis and medication therapy in Metro Vigan.

Methods: The study used a descriptive method of research that utilized a questionnaire-checklist and interviews to gather data from the four selected dialysis centers. Total enumeration was used with a total of 70 respondents and was analyzed using frequency and percentage distribution.

Results: Findings revealed that majority belong to 61-70 age bracket, college graduates, with family monthly income of Php <10,000, residence was >25 km away from the dialysis units, funded by PhilHealth, commuting on a tricycle. Some patients were not attending dialysis treatment due to transportation and financial problems. Majority were diagnosed in 2017-2019, due to diabetic nephropathy and had twice a week dialysis schedule with four hours duration. Majority follow their dialysis schedule and medication schedule. Two-thirds of the respondents were taking >5 drugs and it was a concern because of the cost.

Conclusion: The study showed that high level of education, with insurance and with a good physician-patient relationship suggests better adherence to their treatment regimen. In contrast, older age, low household income, more distant residence from the dialysis center, commuters, and high medication intake may result in non-adherence to their hemodialysis and medication therapy.