

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

Edmundo F. Ancheta III, RPh¹, Lyndon John A. Albay, RN¹, Fides Angeli C. Alsong, RMT¹, Salustiano A. Anacta III, RN¹, Allen M. Andrada, RMT¹, Myellerva Jayne F. Araneta, LPT¹, Mikeman E. Bacon¹, Luz Gregoria Lazo-Velasco, MD, FPCP¹
¹College of Medicine, University of Northern Philippines, Vigan City, Philippines

INTRODUCTION

- End-Stage Renal Disease (ESRD) is the last stage of Chronic Kidney Disease (CKD) where there is already declining kidney function up to the point that the kidneys can no longer function on their own.
- Kidney disease, especially ESRD was the seventh leading cause of death in the Philippines in 2018.
- ESRD patients are prescribed with a multi-pharmacological treatment and this contributes a high pill burden intake to the patients.
- This study aimed to determine the factors affecting the adherence of the ESRD patients to hemodialysis and medication therapy in Metro Vigan.

METHODOLOGY

- The study used a descriptive method of research which utilized questionnaire-checklist and interviews to gather data from the four selected referral dialysis centers in Metro Vigan.
- The researchers used total enumeration with a total of 70 respondents and were analyzed using frequencies and percentage to show the distribution.

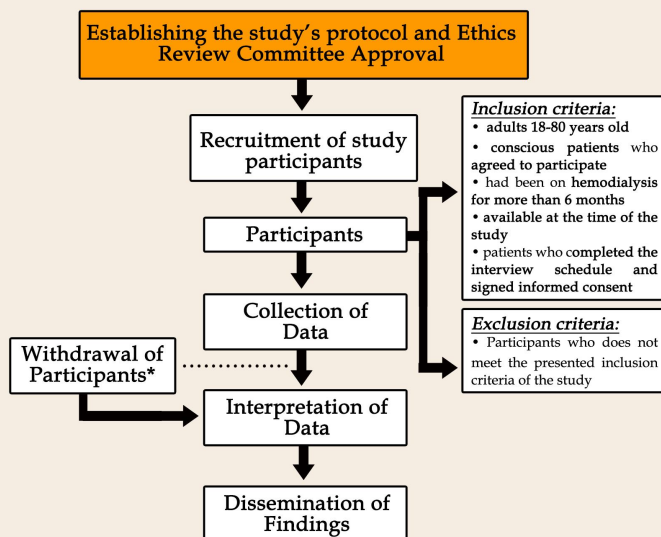


Figure 1. Study Design

RESULTS

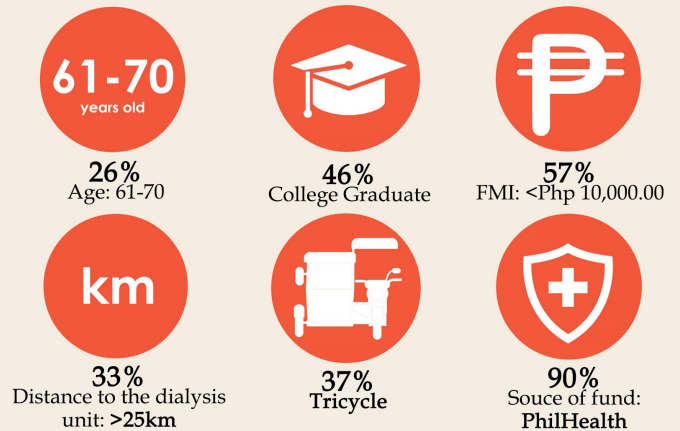


Figure 2. Sociodemographic Profile of the Respondents in Metro Vigan, 2020 (N=70)

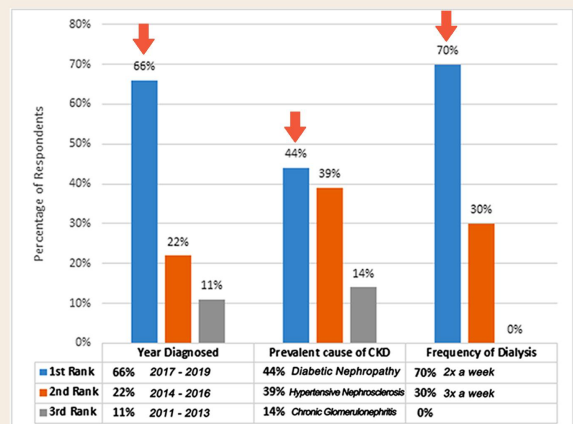


Table 1. Salient Clinical Profile of the Respondents in Metro Vigan, 2020 (N=70)

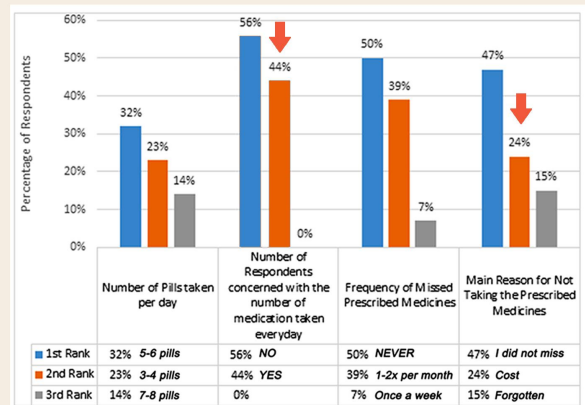


Table 2. Salient Medication Profile of the Respondents in Metro Vigan, 2020 (N=70)

CONCLUSION AND RECOMMENDATIONS

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 of ESRD patients to their hemodialysis and medication therapy in Metro Vigan.

The researchers utmost recommend that

- The Municipal Health Officer should conduct profiling of ESRD patients through the assistance of Rural Health Midwives and Barangay Health Workers.
- Local Government Units need to pass ordinances such as but not limited to financial assistance & transportation assistance to the ESRD patients and their families.
- Request PhilHealth Corporation to expand their free dialysis beyond the 90 session limit up to a maximum of 156 dialysis sessions in all hemodialysis patients.
- Healthcare providers should continue to educate patients on the importance of adherence to dialysis and medication therapy.
- Further studies to widen the scope of respondents and use statistical tools to correlate the factors identified in this study.