SUMMARY

Diabetes mellitus in sub-Saharan Africa is a chronic and debilitating disease with increasing morbidity and mortality and health care costs. The increased morbidity and mortality could be attributed to poor medication adherence and one important factor that has been associated with medication adherence is level of patient satisfaction. Therefore, the aim of this study was to determine the role of patient satisfaction on medication adherence among patients with diabetes attending the Family Medicine clinic of Federal Medical Centre, Ido-Ekiti.

A cross-sectional descriptive study was conducted on 156 adults with diabetes diagnosed in the hospital and have been attending the clinic for at least 6 months. Relevant data were collected using interviewer-administered semi-structured questionnaire and clinical parameters measured included fasting plasma glucose (FPG). The data collected were analysed using statistical package for the social sciences (SPSS) software version 17.

In this study, 127 (81.4%) of the participants were satisfied with services provided, 87 (55.8%) had good medication adherence and 125 (80.1%) had good glycaemic control. There existed a significant difference between the satisfied and dissatisfied participants with regard to age group, ethnicity, glycaemic control (based on FPG) as well as in the pattern of medication adherence (based on MMAS). However, only the age group, pattern of adherence and glycaemic control were found to exhibit a significant relationship with patient satisfaction by logistic regression analysis.

Patients’ satisfaction was significantly associated with the level of medication adherence (p=0.001) and the satisfied respondents were seven times more likely to adhere to medications OR= 7.082 (2.296 - 21.845).
The level of satisfaction was significantly associated with the glycaemic control ($p<0.001$) and the satisfied respondents were 28 times more likely to have a good glycaemic control $\text{OR}= 28.731$ ($6.833 - 120.808$). A positive association existed between patient satisfaction, medication adherence and glycaemic control in patients with diabetes.

Therefore, physicians and health care providers ought to seek ways of improving patient satisfaction with a view to enhancing medication adherence in them and ultimately improve their blood glucose control.