

KEY WORDS

type 2 diabetes, Philippines, Nephropathy, retinopathy, chronic kidney disease, diabetic foot, stroke, diabetes registry

OP-17**MEDICATION COMPLIANCE AND METABOLIC CONTROL IN TYPE 2 DIABETES MELLITUS PATIENTS: THE BOGOR COHORT STUDY OF NON-COMMUNICABLE DISEASES RISK FACTORS**

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INTRODUCTION

The prevalence of type 2 diabetes mellitus (T2DM) is increasing worldwide, including in Indonesia. Poor metabolic control in T2DM can lead to many devastating chronic complications. This study aims to evaluate the association between medication compliance with metabolic control in T2DM.

METHODOLOGY

This study is a part of the Cohort Study of Non-Communicable Diseases Risk Factors in Bogor, West Java, Indonesia. We recruited 4829 subjects without diabetes in 2011-2012, of whom we then followed-up for six years. Data collected included WHO STEP questionnaire, abdominal circumference, height, weight, blood pressure, fasting blood sugar, 2 hours glucose post 75 g glucose load, HDL-cholesterol, LDL-cholesterol, triglycerides.

RESULTS

Within 6 years of observation there were 577 (11.95%) new DM subjects. Those new cases of diabetes have a yearly increase of body mass index, abdominal circumference, blood pressure, fasting blood sugar and 2 hours glucose post 75 g glucose load and LDL-cholesterol $p < 0.001$. Most newly diagnosed DM respondents had poor blood sugar control (84.6%). Even though 98.3% of respondents knew that DM needed to be treated, only 37.5% had been treated at a health center/clinic. Only 34.5% of respondents were taking medications, however, among this group of respondents, the routine drug consumption reached 95.5%.

CONCLUSION

Most newly diagnosed DM respondents had poor metabolic control due to low levels of adherence to treatment. Educational efforts are needed to improve compliance, in part by strengthening local initiatives on NCD prevention (Posbindu PTM).

KEY WORDS

medication compliance, diabetes mellitus, metabolic control, Posbindu PTM