Knowledge and Adherence to Warfarin's Treatment Regimen among Patients in Alshaab and Ahmed Gasim Hospitals, Sudan, 2018.

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Introduction:

Warfarin is an oral anticoagulant drug that needs continuous clinical and laboratory monitoring due to its narrow therapeutic index and life threatening complications.

Objectives:

This study aims to assess knowledge and adherence of patients to their warfarin treatment regimen and to identify barriers that prevent patients to take their warfarin therapy regularly.
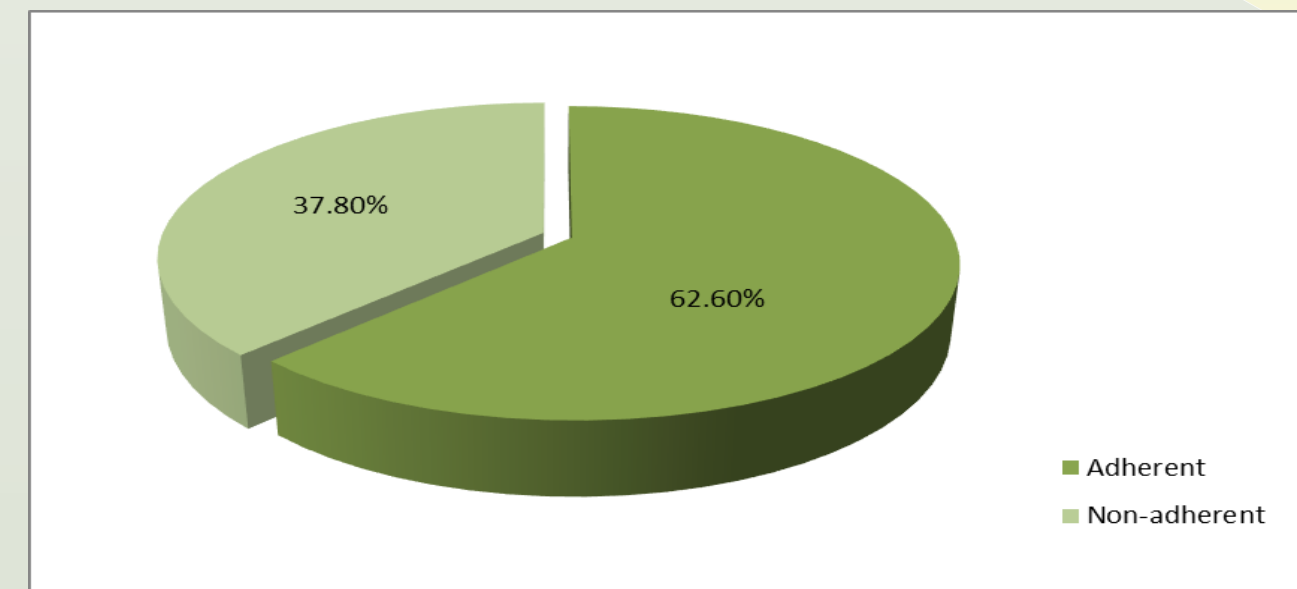
Methods:

In this cross-sectional study, a systematic random sample of 307 patients was selected from Alshaab teaching hospital heart section and Ahmed Gasim Hospital. Data was collected by anonymous interview based questionnaires.

Results:

Male patients (52.5%) exceeded females (44.8%), the mean age was 48.79. About 57.98% of the studied patients had moderate overall knowledge score, and more than half of them had good adherence levels (62.2%).

High	103	33.55%
Moderate	178	57.98%
Low	26	8.46%

Distribution of knowledge score from knowledge questions among participants' in Alshaab teaching hospital and Ahmed Gasim hospital (n=307).

Distribution of adherence to warfarin therapy among participants' in Alshaab hospital and Ahmed Gasim hospital (n=307).

The study shows that: Forgetting (43.7%) was the main barrier preventing the patients from taking their medication, followed by drug unavailability (36.8%) and high cost (19.5%). There are statistical significant differences between patient's age/education and their level of knowledge (p=0.008/p=0.011). The correlations between patients' adherence to warfarin oral anticoagulant and their level of knowledge is statistically insignificant (r=0.647, p=0.739). There are significant association between patients' level of adherence and the time from which the patient start to take warfarin (p-value= .034).

CONCLUSION:

The majority of the studied patients had moderate overall knowledge score about Warfarin oral anticoagulant, and more than half of them had good adherence levels. "Forgetting" was the main barrier preventing the patients from taking their medication.

Reference:

Thais, O. *et al (2018) 'Knowledge and information levels and adherence to oral anticoagulant therapy with warfarin in patients attending primary health care services', 7301(2), pp. 109–116.*
Waqas, S. *et al. (2014) 'Warfarin Therapy : Survey of Patients' Knowledge of their Drug Regimen', 21(4), pp. 37–41.*

Acknowledgement