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## Effect of health literacy on medication adherence among patients with cardiovascular diseases

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Cardiovascular diseases (CVD) are a leading cause of death globally, where the risk is reliant on multiple factors. Amongst low health literacy plays a significant role especially among developing countries. Health literacy affects the medication adherence and other patient outcomes. The aim was to improve adherence through health literacy by integrating pharmaceutical care into clinical practice in patients with cardiovascular diseases. This prospective randomized, parallel open-labeled interventional study was conducted for a period of 6 months (May to October 2013) in the Department of Cardiology in a multispecialty tertiary care teaching hospital. Inpatients (during discharge) and outpatients presented with either ischemic heart disease or heart failure were enrolled into the study according to the inclusion criteria. Main outcome measures include health literacy, an adherence at follow-up, reasons for non-adherence.

**Results:** Among 208 patients approached, informed consent and baseline characteristics were obtained from 95 patients, health literacy was assessed and randomized into usual and intervention groups. Inadequate health literacy was found to be high among usual and intervention groups with a mean of  $52.31 \pm 17.55$  and  $54.34 \pm 20.76$  respectively. The mean adherence was  $7.32 \pm 1.05$  and  $7.56 \pm 0.86$  in usual and interventional group, respectively which shows no statistically significant difference. Forgetfulness, inconvenience and difficulty in remembering to take their medications were found to be the major reasons for non-adherence.

**Conclusion:** Pharmacist patient relationship and continuous long term patient education by clinical pharmacist can improve medication adherence, especially in developing countries where health awareness is minimal.

### Biography

MSS Subrahmanyam is currently pursuing PharmD Internship at PSG College of Pharmacy, Coimbatore. He is conducting various clinical audits and projects. His areas of interest include Clinical Research and Pharmacovigilance.

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