

Joint Event

27th Euro-Global Summit on

Food and Beverages

19th International Conference on

Endocrinology and Metabolic Disorders

April 04-05, 2024

Madrid, Spain

Paraskevi Theofilou, Diabetes Case Rep 2024, Volume 09

A literature review on treatment adherence of diabetes mellitus patients and the impact of sociodemographic and patient-related factors

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The importance of adherence to treatment is very important. The main purpose of this study was to investigate the adherence of patients with diabetes mellitus to their treatment. For this purpose, a systematic review was performed, where relevant studies were searched in the PubMed and Google Scholar databases with specific keywords, and then the most appropriate studies (based on specific inclusion/exclusion criteria) were selected and analyzed. In total, from the literature search, 16 studies were identified. Based on these studies, patients with diabetes mellitus show fairly low adherence to insulin therapy. Perceptions of diabetes disease, availability of medication, diabetes education provided, perceptions of medication, employment of current patients, younger age, education level, ethnicity, HbA1c levels, abstinence from alcohol, the presence of peripheral vascular disease, income, keeping their appointments in primary health care and religious beliefs about treatment and healing practices are important factors that influence the adherence of patients with diabetes to their treatment. Compliance of patients with diabetes mellitus to treatment is an extremely important issue for them since its lack negatively affects not only the health of patients but also their quality of life.

Biography

Paraskevi Theofilou done Ph.D. in Health Psychology (Panteion University of Social and Political Sciences, Department of Psychology, Athens, Greece) Ph.D. in Personnel Management (University of Peloponnese, Department of Nursing, Tripoli, Greece) M.Sc. Health Services Management (Frederick University, School of Health Sciences and School of Law and Business Administration, Cyprus) M.Sc. Social exclusion, minorities and gender (Panteion University of Social and Political Sciences, Department of Sociology, Athens, Greece) Social Administration - Management of Health Services (National School of Public Administration, Athens, Greece) B.Sc. in Psychology (Panteion University of Social and Political Sciences, Department of Psychology, Athens, Greece) B.Sc. in Social Work (Technological Educational Institute of Athens, Athens, Greece)

Received: February 01, 2024; **Accepted:** February 03, 2024; **Published:** April 04, 2024