

## USE OF MEDICINES AND DEVICES BY ADULTS FOR THE MANAGEMENT OF TYPE 2 DIABETES MELLITUS IN KUWAIT

Z. Alsairafi<sup>1</sup>, F. Smith<sup>1</sup>, K. Taylor<sup>1</sup>

<sup>1</sup>UCL- School of Pharmacy, Research Department of Pharmacy Practice, London, United Kingdom

**Background and Aims:** Diabetes is a threat to peoples' lives around the world. In Kuwait, the prevalence of diabetes among adults was 18% in 2013. This study aims to identify the impact of knowledge, beliefs and culture on medicine-taking behaviour, and treatment outcomes, and investigate whether the use of insulin devices (pens and pumps) have a role in improving patients' adherence to treatment.

**Method:** The study primarily applies qualitative methods via interviews with 43 patients to obtain information about their experiences regarding their medicines/devices use. This was followed by conducting interviews with healthcare professionals, in order to propose service development. Quantitative measures such as MMAS and BMQ were also used.

43 patients were asked about their beliefs, views and experiences regarding their medicines/devices used and lifestyle. This was followed by conducting interviews with healthcare professionals, in order to propose for service development.

**Results:** More than half of patients had uncontrolled disease. Of 43 patients, 26 (60%) identified as poor adherers. Lack of health awareness, beliefs and culture had an impact on medicine-taking behaviour and health outcomes. Insulin devices improved patients' quality of lives and satisfaction. Healthcare providers mentioned that improving patients' awareness is the key for better management.

**Conclusion:** Several factors contribute to medicine misuse and poor management of type 2 diabetes in Kuwait. Health awareness of patients must be improved by increasing education efforts to accommodate health beliefs and culture. Also, the advantages of using insulin devices should be recognised. To improve health outcomes, a collaborative approach between MOH, healthcare providers and patients must be adopted