Enhancing Adherence and Satisfaction with Insulin Therapy in Type 1 Diabetes Mellitus Patients Through Pharmacist-Led Interventions: Interventional study

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ABSTRACT

Pharmacist plays an essential role in treating DM. Pharmacist enrollment and patient education may improve adherence and satisfaction. The present study aimed to evaluate the influence of pharmacist-led educational intervention on insulin adherence and satisfaction in patients with type 1 diabetes mellitus. This study was conducted on patients with type 1 diabetes mellitus who were receiving insulin and attended Specialized Center for Endocrinology and Diabetes in Baghdad/Al-Russafa. It was a prospective, comparative pre-post, interventional, randomized clinical study. At the beginning of the study the Arabic version of the treatment satisfaction questionnaire for medication (TSQM-14item), The Iraqi Anti-Diabetic Medication Adherence Scale IADMAS and Insulin Self-Administration Assessment Checking Form were filled out at baseline for each patient in both groups (interventional and control). Each patient in the interventional group underwent a face-to-face educational session lasting for 30 minutes and was provided with a formal Arabic booklet. This booklet contains medical information about disease and treatment. Subsequently, after the following three months, the patient in both groups completed the identical questionnaires once again. The satisfaction scores significantly increased in the intervention group compared to the control group (4.0 vs. 0.0%, respectively), The medication adherence scores significantly increased in the intervention group compared to the control group (9.1 vs. 0.0%, respectively), The insulin knowledge level significantly increased in the intervention group compared to the control group (25.0 vs. 0.0%, respectively). The implementation of an educational intervention led by a clinical pharmacist can enhance the adherence and satisfaction of patients with type 1 DM.

Keywords: insulin, type 1 diabetes mellitus, Clinical Pharmacist Led-Intervention, treatment satisfaction and adherence.

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