

The Effect of 5A Self-management Program on Medication Adherence of Epileptic Patients in During the COVID – 19 Pandemic

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Abstract

Background: Adherence to medication adherence plays a vital role in controlling the problems and complications of epilepsy. During the COVID – 19 pandemic and limitations of face-to-face education, the use of distance education can play an important role in providing education to patients. Therefore, the aim of this study is the effect of model 5A self-management training on medication adherence in epileptic patients.

Methods: In this single-blind randomized controlled trial, 56 epilepsy patients referred to Shiraz Namazi Hospital were divided into intervention and control groups using random allocation. Thereafter, 5A self - management training sessions were virtually held in 5 sessions in WhatsApp application for intervention group. The data collection tool was Morisky medication adherence scale at two stages of before and two months after intervention. Data analysis was performed using SPSS 21 software.

Results: The results of Wilcoxon test showed that in intervention group, the mean drug adherence in patients after intervention significantly increased compared to before intervention ($p = 0.005$). But in control group, this was not significant ($p = 0.909$). According to results of Mann-Whitney test, there was no significant difference between intervention and control groups before intervention ($p = 0.632$). However, by passing two months from intervention, a significant difference was found between intervention and control groups ($p = 0.041$).

Conclusion: Based on results, the implementation of Model 5A can be effective on medication adherence in epilepsy patients. This program can be considered as a suitable method in epileptic patients in during COVID – 19 pandemic.

Keywords: Education, COVID – 19 pandemic, Medication Adherence, Self-management, Epilepsy, Model 5A