

Impact of Treatment Adherence on Glycemic Control in Individuals with Type 2 Diabetes Mellitus

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ABSTRACT

Objective: This study investigates the relationship between treatment adherence and glycemic control in patients diagnosed with type 2 diabetes mellitus (T2DM). The aim is to provide insights into the role of adherence in managing and controlling blood glucose levels in this population.

Methods: A comprehensive literature review was conducted to gather relevant studies examining the connection between treatment adherence and glycemic control in individuals with T2DM. The selected studies spanned diverse methodologies, including randomized controlled trials, observational studies, and systematic reviews. The outcomes assessed encompassed various measures of treatment adherence, such as medication adherence, dietary compliance, and lifestyle modifications, along with corresponding effects on glycemic control.

Results: Findings from the reviewed studies consistently indicated a significant association between treatment adherence and glycemic control in patients with T2DM. Patients who demonstrated higher adherence to prescribed treatments, including medication regimens, dietary recommendations, and lifestyle modifications, exhibited better glycemic control outcomes. Conversely, non-adherence was consistently linked to suboptimal glycemic control and increased risk of complications.

Conclusion: The evidence presented in this review underscores the critical role of treatment adherence in achieving and maintaining glycemic control among individuals with type 2 diabetes mellitus. The findings have implications for healthcare professionals, emphasizing the importance of targeted interventions to enhance adherence and, consequently, improve diabetes management outcomes.

Keywords: Type 2 Diabetes Mellitus, Treatment Adherence Glycemic Control

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