



**Tehran University of Medical Science
International Campus
Nursing and Midwifery School**

TITLE:

***"Investigating The Health Literacy and Medication Adherence in Patients with
Cirrhosis in Teaching Hospitals of Karbala Province of Iraq, 2023"***

"A thesis submitted as partial fulfillment of the requirement for Master of Science (MSc) Degree"

In

Medical-Surgical Nursing

By

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Abstract

Background: Health Literacy (HL) is one of the very key challenges towards attaining good health, Literacy plays a central role in health and health care. Other important factor that can effect on health outcomes is medication adherence. Due to the importance of medication adherence in patients with chronic liver disease and cirrhosis, the role of health literacy becomes more clear. Thus, the aim of this study was to investigate the health literacy and medication adherence in patients with cirrhosis.

Methods: In this descriptive cross-sectional study, 141 cirrhosis patients from two teaching hospitals of Iraq were recruited by convenience method. 3 self-report questionnaires including demographic characteristics, All Aspects of Health Literacy Scale (AAHLS) and Adherence to Refills and Medications Scale (ARMS) used to data collection. Data were analyzed by SPSS software version 26 using descriptive and inferential statistics.

Results: The findings of study showed that more than half of the patients 86(61%) were men. 37 people (26.2%) were illiterate, (44%) 62 people had primary education. Almost, 70 (49.6%) people had a poor income level. The findings revealed that 141(100%) patients had cut- off point in the scale ≥ 16 that means all patients not adherence to medications and 76% of patients had low health literacy levels. The findings of the study showed that there is an inverse and significant statistical correlation between the medication adherence and total health literacy score -0.358 (P-value=0.0001).

Conclusions and recommendations: The findings of this research indicate the most of the patients had low health literacy and did not adhere to medications. Also, medication adherence and health literacy had an inverse and statistically significant correlation. Based on the importance of health literacy, especially in adherence to medication, increasing people's knowledge and awareness about their disease by planning and implementing educational programs leads to an increase in health literacy and patients' adherence to medication.

Keywords: Health literacy, Medication adherence, Cirrhosis.