Applicant Information

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Abstract Details

Title:

Community-Level Screening, Linkage to Care, and Treatment Adherence among Adults Living with Diabetes and Hypertension in Two Last Mile Communities in the Hohoe Municipality, Ghana: A Cluster-Randomized Controlled Trial

Category:

Non-communicable diseases including mental health

Authors:

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Objectives:

We sought to conduct a community-level screening for diabetes and hypertension, link those who were diabetic and hypertensive to care, and implement an mHealth intervention to improve adherence to treatment in the Hohoe Municipality of Ghana.

Method:

We conducted community-level screening among 347 adults on diabetes and hypertension. We then linked those who were diabetic and hypertensive to care, followed by a cluster-randomized controlled trial among 40 adults. Treatment adherence was evaluated across eleven indices which measured medication and review adherence. We analyzed data collected using descriptive and inferential statistics with STATA v.17.

Results:

Prevalence of diabetes and hypertension was 5.5% and 48.9% respectively. Adults aged 45-64 (aOR = 0.23, 95% CI =0.07-0.75) had lower odds of having diabetes while those 65-74 years (aOR=0.11, 95% CI = 0.05-0.24) were more likely to have hypertension. At two levels of linkage to care carried out among 106 and 41 adults, 48 and 30 respectively utilized care. Medication adherence increased among the intervention arm from 35% to 95% and from 80% to 90% in the control arm. Review adherence increased in the intervention arm from 5% to 85% and from 30% to 75% in the control arm.

Conclusion:

Our mhealth intervention showed significant improvements in treatment adherence in the intervention arm over the control arm and thus, warrants scale-up. To accelerate Ghanaâ€™s progress toward Sustainable Development Goal 3.4 on reducing mortality from NCDs, strengthening the linkage between community-level screening and the utilization of NCD care is essential.

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