

Educational program for patients with type-1 diabetes mellitus receiving free monthly supplies of insulin improves knowledge and attitude, but not adherence

Dear Sir,

I have read with interest the article titled, 'Educational program for patients with type-1 diabetes mellitus receiving free monthly supplies of insulin improves knowledge and attitude, but not adherence,' Vimalavathini *et al.*^[1] The authors mention in the second paragraph of introduction, "When a patient does not respond to an appropriately prescribed medicine, the reasons could be drug or patient-related factors". I agree, but at the same time I want to add that, the reasons could also be communication-related factors. The authors already mention in the third paragraph that, "Planned interventional education programs have shown to provide a positive impact on improving the KAP scores in diabetic patients".

Education is a broad concept, which encompasses both teaching and learning. Evidence-based studies show that doctors' interpersonal and communication skills have a significant impact on improved health outcomes.^[2-4] To provide comprehensive care, many key qualities are essential, which include the ability to communicate effectively with the patient, act in a professional manner, cultivate an awareness of one's own values and prejudices, and provide care with an understanding of the cultural and spiritual dimensions of the patient's life.^[5]

Quality drugs, discipline, and diet (3D) are the principles of diabetic management. However, patients' adherence,

compliance with medication, and disease outcome are closely associated with the quality of communication and a planned interventional education program.

Abdus Salam

Department of Medical Education, Universiti Kebangsaan Malaysia, Correspondence to: Dr Abdus Salam, Department of Medical

Education, Universiti Kebangsaan Malaysia, Jalan Yaacob Latif, Bandar Tun Razak, Cheras, 56000 Kuala Lumpur, Malaysia.
E-mail: salabdus@gmail.com

DOI: 10.4103/0973-3930.62602

References

1. Vimalavathini R, Agarwal SM, Gitanjali B. Educational program for patients with type-1 diabetes mellitus receiving free monthly supplies of insulin improves knowledge and attitude, but not adherence. *Int J Diab Dev Ctries* 2008;28:86-90.
2. Salam A, Ahmad Faizal MP, Siti Harnida MI, Zulkifli Z, Azian AL, Soon Pheng NG, *et al.* UKM Medical Graduates' Perception of their Communication Skills during Housemanship. *Med Health* 2008;3:54-8.
3. Rider EA, Keefer CH. Communication skills competencies: Definitions and a teaching tool box. *Med Educ* 2006;40:624-9.
4. Stewart MA. Effective physician-patient communication and health outcomes: A review. *CMAJ* 1995;152:123-33.
5. Litzelman DK, Cottingham AH. The new formal competency-based curriculum in Indiana University School of Medicine: Overview and five year analysis. *Acad Med* 2007;82:410-21.