

“Efforts to Improve Medication Adherence Knowledge Among Diabetes Mellitus Patients Through Booklet Media”

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SUMMARY

Background: *Diabetes Mellitus (DM) is a chronic disease that requires long-term treatment. Unfortunately, the level of medication adherence among DM patients remains low, which can trigger serious complications and worsen their health condition. Education plays a crucial role in increasing patients' awareness and understanding of the importance of medication adherence. One effective educational medium is a booklet, which is easy to understand, engaging, and can be read at any time.* **Method:** *This project developed a Communication, Information, and Education (CIE) medium in the form of a booklet entitled "Let's Adhere to Diabetes Medication". The booklet was designed using simple language and engaging illustrations, and it was tested on three respondents to gain feedback on its content and design.* **Results:** *The booklet was rated as informative, practical, and easy to understand by various groups. The trial showed increased understanding among respondents regarding the importance of medication adherence, although some suggested improvements in font size and color choices.* **Conclusion:** *The booklet is effective as an educational tool to enhance patients' knowledge and awareness about medication adherence. It is expected to be widely used in health education, especially for patients with Diabetes Mellitus.*

Keywords: *Diabetes Mellitus, Medication Adherence, Health Education, Booklet Media, CIE*