

Postpartum females' knowledge retention, injection technique and adherence to therapy after thromboprophylaxis counselling by pharmacists

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ABSTRACT

Introduction: Postpartum females started on Enoxaparin for thromboprophylaxis receive counselling from pharmacists prior to discharge. This research aimed to determine their ability to recall related counselling points, demonstrate injection technique, and eventual adherence to the therapy, which was never assessed. **Methods:** This prospective cross-sectional study was conducted at maternity wards in Sarawak General Hospital between March and June 2023. Conveniently sampled self-injection-naïve postpartum females had their knowledge regarding thromboprophylaxis and injection technique assessed one day after pharmacist's counselling. A telephone interview was conducted at the end of the therapy to determine their adherence and the adverse effects experienced. **Results:** A total of 259 patients were successfully followed up. The majority were Malay (49.4%), had secondary education (51.7%) and the mean age was 29.4 ± 5.39 years old. Eighty-eight percent were adherent, with non-adherence predominantly caused by forgetfulness to inject. Participants answered a median of 5/7 knowledge questions correctly, with those who had read the counselling leaflet provided ($p=0.02$) and tertiary-educated ($p=0.04$) scoring higher. They demonstrated a median of 8/10 injection steps, including 5/6 critical steps correctly. A significantly better technique was shown by those who were more confident ($p=0.02$) and planned to self-inject ($p<0.01$). One-third of participants experienced side effects at the injection site, twelve had systemic side effects. **Conclusion:** Postpartum females have satisfactory adherence to treatment but did not demonstrate perfect knowledge of thromboprophylaxis and Enoxaparin injection technique post pharmacist's counselling. An additional reassessment and consolidation session, and augmenting counselling with visual aids are suggested to enhance information retention.