



# Implementation and Adherence to Medication Regimens Through Patient-Pharmacist Appointments in Lagos Primary Health Care Centers, Nigeria

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## Abstract

This study examines the implementation and adherence rates to medication regimens through patient-pharmacist appointments in primary health care centers (PHCCs) located in Lagos, Nigeria. Patient interviews and observational studies were conducted within selected PHCCs, focusing on a sample population of 150 patients over a six-month period to capture variations in service delivery and outcomes. A proportion of 82% of participants reported improved medication adherence following pharmacist-led appointments. Themes identified included patient education as the most significant factor contributing to higher adherence rates. Pharmacist-led services significantly enhance medication adherence among patients in Lagos PHCCs, with a notable impact on patient health outcomes. Healthcare policymakers should prioritise expanding pharmacist-led services within PHCCs to improve access and ensure optimal patient care. Treatment effect was estimated with  $\text{text}\{\logit\}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African healthcare, patient adherence, pharmacist consultations, medication regimens, primary health care, qualitative research, Lagos*

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