

A Study to Assess the Patients Compliance to Medications among Hypertension Patients at Selected Areas in Kanchipuram District Tamilnadu

M.Kalki¹, S. Mohana Priya¹, N.Thivya²

¹B.Sc. (Nursing) IIIrd Year Students, ²Assistant Professor, Chettinad College of Nursing, Chettinad Academy of Research and Education, Kelambakkam, Kanchipuram dist. Tamilnadu

Abstract

Hypertension is the most prevalent cause for cardio vascular disease, affecting at least 600 million people worldwide and is an important contribute to cardiovascular mortality and mortality. Compliance to antihypertensive medication has been found to be a major concern³

The study was conducted to assess the patient's compliance to medications among hypertension patients at selected areas in Kanchipuram district Tamilnadu. The objectives of the study were to assess the patient's compliance to medications among hypertensive patients and to associate patient's compliance to medications with selected demographic variables.

The research design selected for the study were Descriptive research design. The sampling technique used for the study were purposive sampling with the sample size of 60. Data collection was done by identifying the demographic variables and by using Morisky Medication Adherence scale, the patient's compliance to hypertension medications was assessed.

The results revealed that assessing patients compliance to medications, the study shows that 48(80%) of hypertensive patients are following medium compliance of hypertension medication and 12(20%), of the patients are having low compliance and none of the patients 0% are following high compliance to medication. Regarding association with demographic variables, factors like sex and blood pressure are highly associated with compliance to medications and there is no significant association with the demographic variables like age, educational status, types of family, religion, socio economic status

Hence community education is needed to improve the patient's ability to cope up of medications and make informed decision regarding hypertensive medications and to motive the community people to introduce changes in diet and life style modification.

Keywords: Patients, Hypertension, Medications, Compliance

Introduction

Hypertension is the most common cardiovascular disease, emerging as a major public health problem in

developing as well as developed countries. The WHO report that the prevalence of any disease, hypertension ranks four in the world. Pooled epidemiological studies show the average prevalence of hypertension in India is 25 % in urban and 10 % in rural population. Hypertension is a significant public health problem in urban and rural areas of India. It is directly responsible for 57 % of all stroke deaths and 42% of coronary heart disease deaths in India. It is also leading cause of blindness, renal failure and congestive heart failure³

Corresponding Author:

Ms. M.Kalki,

B.Sc. (Nursing), IIIrd Year,

Chettinad College of Nursing, Chettinad Academy of Research and Education, Kelambakkam, Kanchipuram District, Tamilnadu,

Email ID – kalkimeshack03@gmail.com

Successful control of blood pressure is of para amount importance in the reduction of morbidity and

mortality rates and many studies have demonstrated the impact of antihypertensive agents on improving clinical outcomes. However, the achieved by optimal compliance to prescribed medications according to healthcare provider's instructions⁴

In developing countries, the degree of non-compliance is assumed to be higher particularly due to shortage of health resource and difficulties in access to health care professional is necessary. patient's education is a process that improves patient's ability to cope up and make informed decision regarding their disease medication and motivate the patients to introduce changes in diet and lifestyle modifications.⁶

Materials & Method

The methodology of research indicates the general patterns of organizing the procedure for getting valid and reliable data for investigation. Research approach for the present study was a descriptive research approach. The descriptive research design seems to be the most appropriate design for this study. The study was conducted in the selected area in Pooncheri villages, Kanchipuram district, Tamilnadu. All the hypertensive patient residing in the selected villages and who fulfilled the sampling criteria was included in the study.

Sampling Criteria

Inclusion Criteria

- Patients who are diagnosed as Hypertension
- Hypertensive patients who are under single hypertensive drug

Exclusion Criteria

- Hypertensive patients who are having other chronic diseases.
- Hypertensive patients who cannot speak and understand Tamil/English

By using purposive sampling technique 60 samples were selected. The tool used for the study consists of the demographic variables like age, sex, educational status, types of family, religion and socio economic status and blood pressure. To assess the Compliance to medications, Morisky Medication Adherence scale was used.

Study Findings:- Regarding demographic variables

- Maximum no of hypertensive patients were in the age group of 51 years and above 41 (68%)
- Maximum female 32 (53%) are hypertensive patients
- Majority of educational status was Non formal education 24 (40%)
- Majority of family of hypertensive patients are single family 40 (66.66%)
- Majority of religion of hypertensive patients are Hindu 41 (68.33%)
- Majority of taking hypertensive medications regularly 42 (70%)

- Majority of person from which a they are getting medication for hypertension are 38 (63.33%)

- Majority of blood pressure are 46 (76.66%)

- Regarding assessing patients compliance to medications, the study shows that 48(80%) of hypertensive patients are following medium compliance of hypertension medication and 12(20%), of the patients are having low compliance and none of the patients 0% are following high compliance to medication. Regarding association with demographic variables, factors like sex and blood pressure are highly associated with compliance to medications and there is no significant association with the demographic variables like age, educational status, types of family, religion, socio economic status.

Discussion

Hypertension is the most prevalent cause for cardio vascular disease, affecting at least 600 million people worldwide and is an important contribute to cardiovascular mortality and mortality. Compliance to antihypertensive medication has been found to be a major concern.

The mean proportion of control hypertension among all hypertension patients being only 13% because of poor medication compliance and is one of the leading causes of failure to achieve blood pressure control.

Conclusion

The study reveals that health care facilities should concentrate on continuous treatment for non communicable diseases, health education to the public

on regular medications can able to prevent complications from cardiovascular diseases and other complications.``

Efforts to be made enhance the capabilities of doctors, village health nurses and other paramedical through pre-services and in-service training programme to enhance not only prescribing medications and follow up of medications is essential.

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Ethical Clearance: Chettinad Academy of Research and Education, Institutional Human Ethics Committee

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