

1. Introduction

- Patients with uncontrolled blood pressure have a higher risk of all cause cardiovascular (CVS) mortality and morbidity (1).
- In Malaysia, almost half of the population with hypertension remains uncontrolled (2).
- Factors attributed to medication adherence include polypharmacy, knowledge about medication, ethnicity, adverse effects of medication, traditional medication use, duration of hypertension, socio-economic status, and marital status (3-5).

2. Objectives

- To determine the medication adherence rate among hypertensive patients attending primary care clinics.
- To identify factors associated with medication adherence among hypertensive patients attending primary care clinics.

3. Material and Methods

- Cross sectional study
- Adult hypertension patients
- Government health clinics in Kuching and Kota Samarahan Division, Sarawak.
- Sample size 548 patients
- Systematic random sampling method.
- Patients' medication adherence were assessed by Medication Compliance Assessment Form.

4. Results

| Demography | Mean (Range) | N (%) |
|-------------|---------------|-------------|
| Age | 58.6 (23-103) | |
| Gender | Male | 219 (40%) |
| | Female | 329 (60%) |
| Ethnicity | Malay | 190 (34.7%) |
| | Chinese | 73 (13.3%) |
| | Iban | 46 (8.4%) |
| | Bidayuh | 239 (43.6%) |
| Education | No education | 57 (10.4%) |
| | Primary | 213 (38.9%) |
| | Secondary | 223 (40.7%) |
| | Tertiary | 55 (10.0%) |
| Comorbidity | | N (%) |
| Diabetes | Yes | 168 (30.7%) |
| | No | 380 (69.3%) |
| Cholesterol | Yes | 344 (62.8%) |
| | No | 204 (37.2%) |

Chart 1. Percentage of Hypertensive Patient Who is Adherent

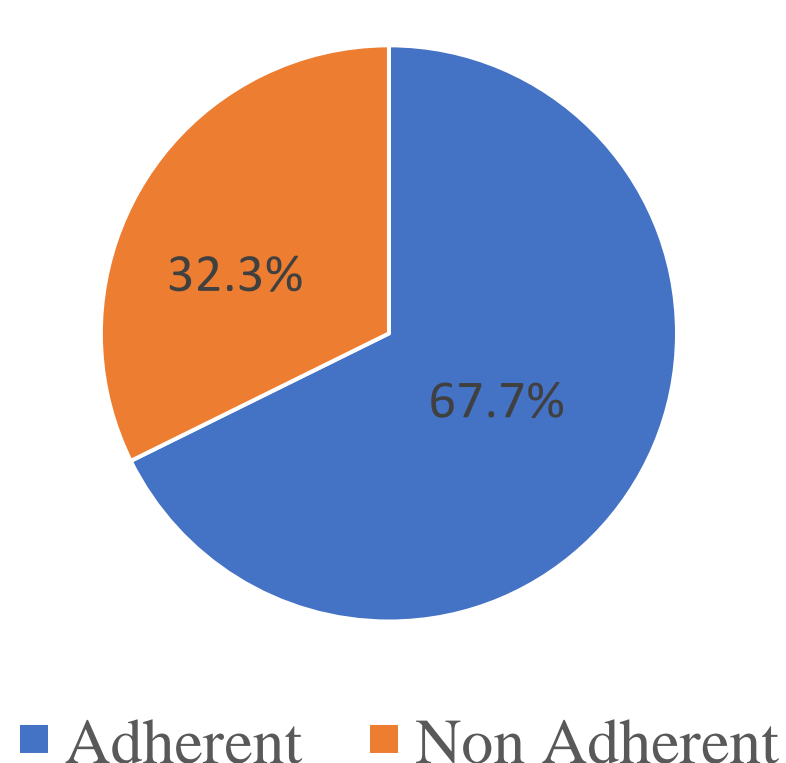


Chart 2. Percentage of Hypertensive Patient with Well Controlled Blood Pressure

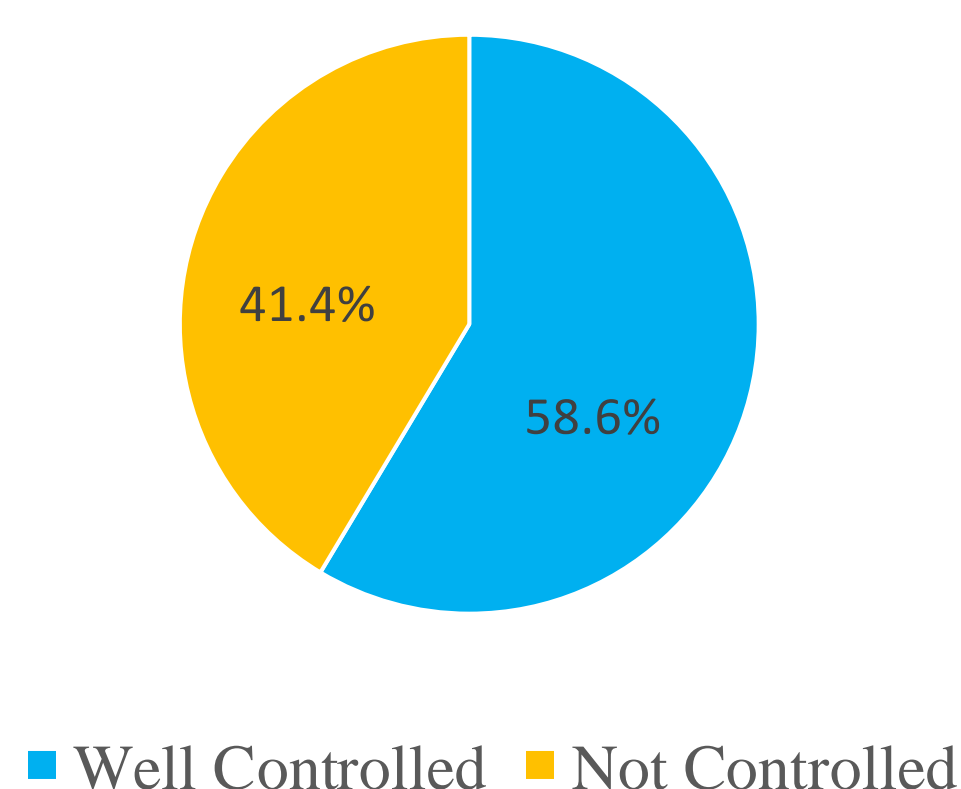


Table 1. Percentage of Patient with Controlled Blood Pressure Who is Adherent

| | | Adherence | | Total |
|----------------|--------------|-------------|--------------|-------|
| | | Adherent | Non-adherent | |
| Blood Pressure | Controlled | 235 (73.2%) | 86 (26.8%) | 321 |
| | Uncontrolled | 136 (59.9%) | 91 (40.1%) | 227 |
| Total | | 371 | 177 | |

p = 0.001 Chi square

*Patients who has uncontrolled blood pressure were more likely to be non-adherent to medication. (OR: 1.828, 95% CI: 1.272-2.628)

Table 2. Factors associated with Medication Adherence among Hypertensive Patients

| Variables | OR | 95% CI |
|--|-------|-------------|
| Age* | 0.981 | 0.963-0.999 |
| Medicine other than antihypertensive** | 1.553 | 1.178-2.047 |

Logistic regression

*p= 0.035

**p= 0.002

5. Discussion

- Majority (67.7%) of the patients are adherent to medication.
- The percentage of adherent patients is significantly higher (73.2%) among patients with well controlled blood pressure than patients with uncontrolled blood pressure (59.9%).
- Older patients are more likely to be adherent to medication but patients taking medication other than anti-hypertensive are less likely to adhere to medication advice.
- Medication adherence need to be assessed in patient with uncontrolled blood pressure, young patient and patient taking medicine other than anti-hypertensive.

6. Conclusion

- Majority (67.7%) of hypertensive patient is adherent to medication.
- Medication adherence need to be assessed in patient with uncontrolled blood pressure, young patient and patient taking medicine other than anti-hypertensive.

7. Acknowledgement

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8. Reference

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