



ORIGINAL RESEARCH

Cost of Hypertension Therapy in Tertiary Health Facilities in Nigeria - Patient's Perspective

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ABSTRACT

Background - Funding needs to be sustainable for hypertension treatment so there is need to evaluate the cost of therapy regularly to guide decision making.

Objective - The aim is to evaluate the cost of achieving goal blood pressure (BP) of 139mmHg systolic and or 89mmHg diastolic from the patients' perspective in 2 tertiary health facilities.

Methods – Folders of clinically diagnosed hypertensive adult patients aged 21-80years in 2 tertiary health facilities were surveyed retrospectively. Sampling was by systematic random sampling technique choosing every third folder from a list. Sample size was calculated with Cochran formula for population less than 10,000. Out of 723 folders reviewed 227(31.4%) achieved goal BP. Cost of therapy was computed for the 227 folders using the facility price list and local costs for transportation and BP monitoring. Bottom-up, Sum_ Diagnosis specific technique was used to compute component costs excluding intangible costs. Discounting and sensitivity tests were not applicable.

Results - The cost range was NGN3,105-NGN35,350(\$8.87-\$101) per patient for 30days Mean monthly patient cost was NGN10,460.38 (\$30). Proportion of component costs in total costs was as follows, Laboratory tests 35.17%, Medicines 31.89%, Hospital charges 22.86%, Transportation 5.58%, Income loss 2.53% and BP monitoring 1.97%. The pattern revealed one facility had slightly higher costs and lower proportion of patients reaching goal BP.

Conclusion – Cost of therapy was too high. Monthly cost range was 17.5-19.6% of minimum wage. Policy makers need to adopt strategies to reduce cost and protect hypertensive patients.

Keywords: Cost, Hypertension therapy, Component Costs, Patient's perspective, Pharmacoeconomics