



ORIGINAL RESEARCH

Influence of patient's knowledge of hypertension and beliefs about medicines on adherence in Lagos University Teaching Hospital (LUTH), Lagos

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ABSTRACT

Background: Poor adherence to antihypertensive medications compromises the effectiveness of treatment outcomes and has been associated with increased morbidity and mortality. An understanding of beliefs to hypertensive medicines may result in better understanding and improvement of non-adherence among patients.

Objective: This study was carried out to assess the knowledge and beliefs to hypertensive drugs among out-patients in the Lagos University Teaching Hospital.

Methods: Hypertensive out-patients attending the clinic of Lagos University Teaching Hospital, Idi-araba, Lagos, were approached and asked to complete a self-report instrument about knowledge of hypertension, beliefs about their prescription medicines, and the Brief Medication Questionnaire. Analysis was done using frequencies and cross tabulations

Results: A total of 387 patients were approached. However, only 349 patients consented to partake in the study. Majority (about 80%) of the respondents agreed that their hypertension medication protects them from getting worse. However, about half of the respondents had concerns about long term effects of their medicines. About three-fifths of the respondents believed that doctors place too much trust on medicines and more than two-fifths believed that medicines are addictive.

Conclusion: Patients had inadequate knowledge about hypertensive disease and medications which influenced adherence negatively. There was a positive association between the beliefs about the necessity of their medication and adherence but a negative one between the beliefs of concern, harm and overuse and adherence. Intervention strategies of educating and addressing beliefs of patients on hypertensive disease and medications may improve non - adherence and consequently treatment outcomes.

Keywords: Adherence, Beliefs, Hypertension, Knowledge, Medication, Patients