



ORIGINAL RESEARCH

Financial Burden of Hypertension Management on Clients Patronizing Community Pharmacies in a Nigerian Metropolis

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ABSTRACT

Background: The World Health Organization describes universal health coverage as ensuring that individuals have access to needed health services in a manner ensuring non exposure to financial hardship. This is particularly important for patients with chronic conditions like hypertension.

Objectives: To assess the cost burden due to management of hypertension.

Methods: Hypertensive clients with a written prescription patronizing 15 randomly selected community pharmacies in Uyo metropolis were enrolled for the survey. Clients responded (demographics, income, expenditure on healthcare services and other spendings) on a pretested and structured questionnaire. The study was conducted according to the declaration of Helsinki. Data were descriptively analysed using frequency and percentage, with Kruskal-Wallis test at (95%, CI) to compare variables.

Results: Clients (224 of 231) comprising of 55.4% females completed the study. Most clients (92.9 %) were 35 years and older, while 54.9% had no tertiary education. Study revealed 60% of clients made less than ₦60,000 (US\$ 150.5) monthly and mean household monthly income was ₦98,302 (US\$ 246.49). The average cost of hypertension management was ₦7,964 (US\$ 20.0) while mean healthcare expenses was ₦12,497 (US\$ 31.34). Mean household food and non-food expenses were ₦44.39 (US\$ 0.11) and non-food at ₦53,917 (US\$ 135.20) respectively. There was statistically significant difference in the percentage of income spent on healthcare across the income groups (P=0.001). The lower income groups recorded higher percentage expenditure (P=0.005).

Conclusion: The study showed high financial burden due to management of hypertension. This finding will aid in policy framework for government intervention for healthcare financing.

Keywords: Financial burden; Hypertension; Household expenditure; community pharmacy