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Factors associated with medication adherence among hypertensive adults in north west region of Cameroon

Pamela Fonju

William Paterson University, USA

Background: Hypertension is a primary risk factor for cardiovascular disease, premature morbidity and mortality worldwide. The World Health Organization (WHO) estimates a global prevalence of approximately 1 billion and project and increase to 1.7 billion by 2025. Global hypertension increase has been attributed to steady increase in developing countries. The use of anti-hypertensive medications has been shown to produce significant gains however non-adherence remains a global health problem. This study examines factors associated with medication adherence among hypertensive adults in the North West Regions of Cameroon.

Methodology: The methodology involves a descriptive cross-sectional survey design; data collected by self-administered questionnaires. A convenience sample of established patients in two hospitals. Patients who presented for regular visits were administered 2 surveys: Demographic variables (15 items) and approved Morisky medication adherence questionnaire - Cronbach alpha .83.

Results: Sample (n=200): (47%, n=94) reported a normal blood pressure. Mean systolic blood pressure: 141mm/Hg and diastolic blood pressure was 85mm/Hg. Mean adherence score was 6.33, SD=2.089. 31% (n=63)- low adherence, 32% (n=64) medium adherence and 36% high adherence. A weak negative correlation was found in systolic BP($r(198)=-.204$, $p<.01$) and in Diastolic BP ($r(198)=-.237$, $p<.01$).

Conclusions: The long-term reduction strategy of acute cardiovascular events associated with high medication adherence to antihypertensive treatment underscores its importance to hypertension control. Efforts focused on early antihypertensive treatment initiation and customized intervention programs may likely improve patient outcome and provide major benefits in global hypertension control efforts.

Biography

Pamela Fonju is a Family Nurse Practitioner and earned her Doctor of Nursing Practice Degree from William Paterson University. She is the Regional Administrator for the Department of Children and Families where she oversees the health care needs of over 500 children within an assigned Geographic region. She is also an Adjunct Professor of Nursing at William Paterson University. She has provided numerous presentations on her most passionate interest: hypertension and diabetes. She is professionally associated with Sigma Theta Tau International; American Academy of Nurse Practitioners, American Academy of Nursing Leaders, and Project Smile.

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