

ABSTRACT

An Assessment of the level of drug non-compliance among hypertensive patients in Kingston and St. Andrew, Jamaica

Compliance with drug therapy is a fundamental prerequisite for therapeutic benefits. A cross-sectional survey was undertaken, during the months of February and March 2004, to assess the level of drug non-compliance among patients presenting with hypertension at the August Town/Hermitage, Gordon town; Hagley Park, Sunrise, and Windward Road Health Centres in Kingston and St. Andrew, Jamaica. The Health Centres were selected using simple random method while the subjects were selected using the systematic sampling method. Data was analyzed using SPSS 11.0. The study was carried out among 184 patients attending these clinics. The sample was made up of 73.9% (136) female and 26.1% (48) males. The ages of the persons in the study were normally distributed with a mean age 62 ± 13.29 years. There were no associations between waiting at pharmacy, union status, employment status, gender and compliance. However, there were association between patient's ability to afford medication ($p < .05$), pharmacist explaining the use of medication ($P < .005$), pharmacist counseling patients ($p < .05$) amount of medication ($< .005$) and compliance.

Fifty- two percent (52.2%) reported that they forgot to take their medication at one point or the other. Among home remedies used, garlic was the most used,

either singly or in combination accounting for 40.8% of the responses. Over 80 % did no exercise and only 20.7% take steps to adjust their diet. There was an overall non- compliance rate of 42% among hypertensive patients with antihypertensive therapy. The majority (83.2%) of participants had poor knowledge of the dangers associated with hypertension. Education of these patients in the areas of medication, dangers of hypertension, diet, exercise, and self-care management is recommended.

Keywords: Curtis Bowman; Drug non-compliance; Hypertension.