

World Congress on Hypertension and Cardiovascular Diseases

November 21-22, 2018 | Paris, France

A new Lebanese medication adherence scale: Validation in Lebanese hypertensive adults



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Background: Hypertension control reduces cardiovascular risk. Yet, lack of adherence to medication reduces this control. Therefore, tools to measure medication adherence are needed. A new Lebanese scale measuring medication adherence considered socioeconomic and cultural factors not taken into account by the eight-item Morisky Medication Adherence Scale (MMAS-8).

Objectives: The main objectives of this study were to validate the new adherence scale and its prediction of hypertension control, compared to MMAS-8, and to assess adherence rates and factors.

Methodology: A cross-sectional study, including 405 patients, was performed in outpatient cardiology clinics of three hospitals in Beirut. Blood pressure was measured, a questionnaire filled, and sodium intake was estimated by a urine test. Logistic regression defined predictors of hypertension control and adherence.

Results: A percentage of 54.9% had controlled hypertension and 82.4% were adherent by the new scale which showed good internal consistency, adequate questions (KMO coefficient = 0.743), and four factors. It predicted hypertension control (OR = 1.217; P value = 0.003), unlike MMAS-8, but the scores were correlated (ICC average measure = 0.651; P value < 0.001). Stress and smoking predicted non-adherence.

Conclusion: This study elaborated a validated, practical, and useful tool measuring adherence to medications in hypertensive patients.

Biography

Rola Bou Serhal has completed her Research Master's in Public Health, Epidemiology and Biostatistics branch from the Lebanese University. She holds a BS in Nursing from the Lebanese University too. She is a Clinical Research Assistant at the Clinical Research Center of Saint Joseph University (USJ). This is her first publication in a promising research career that she is building.

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