

ABSTRACT**IMPACT OF EDUCATION AND COUNSELING ON PATIENT KNOWLEDGE, ADHERENCE AND BLOOD PRESSURE CONTROL ON REGULAR HEMODIALYSIS PATIENT**

Background: Poor treatment of Chronic Kidney Disease (CKD) increases risk of development CKD into ESRD. Hypertension is the most common etiology of ESRD. In patients with regular HD, hypertension contributes in higher cardiovascular risk. Main problem of antihypertension drugs in these patient is non-adherence due to several factors, such as age, knowledge about therapy, side effects, and polypharmacy. Studies showed clinical pharmacy intervention through pharmaceutical care improved knowledge, adherence and blood pressure control in hemodialysis patients.

Objectives: To assess influence of education and counseling on knowledge, adherence and blood pressure goal in hemodialysis patients.

Method: This study conducted in Adi Husada Undaan Wetan Hospital for 3 months (October – December 2017). Baseline data was observed in the first 2 weeks. Education and counseling started in the third week and was conducted for 20th times. HKLS and MMAS-8 questionnaire were used to assess patient's knowledge and adherence. Predialysis blood pressure was measured.

Result: There are 25 patients met inclusion criteria. The results showed Pharmaceutical Care implementation increase patient's knowledge and adherence significantly ($p < 0,05$). Systolic blood pressure was decrease significantly ($p < 0,05$) while diastolic pressure was also decrease but not significant ($p > 0,05$). The number of patients who reached the target of blood pressure increased by 12%.

Conclusion: Education and counseling improve patient's knowledge, adherence and achievement of blood pressure goal.

Key Word: Education, counseling, knowledge, adherence, and blood pressure.