

ABSTRACT

The Profile of Management and Adherence Level in Patient with Hypertension during COVID-19 Pandemic

Putu Anindita Saraswati

Social distancing during the COVID-19 pandemic brought changes to the routine management of hypertensive patients. This cross-sectional descriptive study aimed to determine the profile of management and adherence level of hypertensive patients during the COVID-19 pandemic. The data were collected using a self-administered questionnaire that had been tested for its validity. The data obtained through visiting health care facilities to obtain hypertensive patients contact, then link to access the questionnaire were sent to the respondents through social media such as WhatsApp. A total of 78 hypertensive patients who were taking antihypertensive drugs for at least 6 months participated in the study. The results showed, in general, there were no changes in the management of hypertensive patients in the pandemic era in terms of prescribing antihypertensive drugs, however the frequency of routine check-ups during the pandemic decreased. The number of respondents who had routine check-ups by visiting health care facilities also decreased, in contrast the number of respondents who had doctor consultation by telephone or video conference increased. There was also an increase in the frequency of patients taking home blood pressure monitoring during the COVID-19 pandemic. With regards to adherence score, over 70% of respondents in this study had a moderate level of adherence. All in all, health care providers shall improve the utilisation of telemedicine, especially in the monitoring and management of hypertension so that patient adherence could be enhanced during the pandemic.

Keyword : hypertension, management, adherence, COVID-19 pandemic