

ABSTRACT

THE RELATIONSHIP BETWEEN ADHERENCE BARRIERS AND MEDICATION ADHERENCE IN HYPERTENSIVE PATIENTS (Study at Primary Health Care Centers in Surabaya)

Yenni Desilia Indahsari

Hypertension is defined as a continuous increase in arterial blood pressure. The prevalence of hypertension in Indonesia in 2018 showed that 34,11% people ≥ 18 years old had hypertension. In Surabaya about, 10,43% people had hypertension in 2016. In Indonesia at least 50% of patients prescribed with antihypertensive drugs did not take as recommended. Adherence barriers potentially determine the medication adherence in hypertensive patients. This study was aimed to identify the relationship between barriers to adherence and medication adherence in hypertensive patients at primary healthcare centers in Surabaya. A cross sectional study using accidental sampling was conducted. The barriers medication was measured using *The Identification of Medication Adherence Barriers Questionnaire* (IMABQ) and the adherence was measured using *Adherence to Refills and Medications Scale* (ARMS). About 341 hypertensive patients were participated in this study. The result shows a relationship between medication adherence barriers and medication adherence ($p=0,000$; $r=0,292$). Most frequent the barriers faced by respondents was worried to experience the adverse drug. It is important to improve the role of pharmacists in community by serving proper counseling, monitoring, and education to eliminate adherence barriers and thus improve adherence.

Keyword: correlation, hypertension, IMABQ, ARMS, drug