

ABSTRACT

Patient Adherence Measurement to Antihypertensive Therapy Based on MMAS-8 and Pill Count Methods. (Study in Hypertensive Patients at Kenjeran Primary Health Center North Surabaya)

Annisa Rosyiida Machfud

Adherence to antihypertensive therapy is one of the important factors to control blood pressure and reduce the probability of vital organ complications. Methods that commonly be used to measure adherence to antihypertensive therapy in hypertensive patients are MMAS-8 and pill count methods. The aim of this study was to determine the relationship between the results of adherence measurement to antihypertensive therapy with MMAS-8 and pill count methods at Kenjeran Primary Health Center North Surabaya.

This study was a cross sectional study and conducted on February 2015. Data was obtained using survey method with MMAS-8 questionnaire and the calculation of the number of antihypertensive drugs taken by hypertension patient (*pill count*). Statistical analysis using chi-square had been done to determine the relationship between the measurement results of adherence to antihypertensive therapy with MMAS-8 and pill count methods.

Results showed that the adherence measurement was performed on 47 hypertension patients. The eight-item medication adherence scale was valid ($r_{\text{result}} > r_{\text{table}} (\alpha = 0,05; 28) = 0.374$) and reliable ($\alpha_{\text{cronbach}} = 0.664 > \alpha$ criteria = 0.6). There were 17.0% (8) hypertension patients had high adherences, 38.3% (18) hypertension patients had moderate adherences, and 44.7% (21) hypertension patients had low adherences. In *pill count* were 38.3% (18) hypertension patients were adherent and 61.7% (29) hypertension patients weren't adherent to measure antihypertensive therapy. There was no statistically significant correlation (χ^2 , $p = 0.980$, $p > 0.05$) between MMAS-8 and pill count methods in measuring adherence in patient with hypertension.

In conclusion, the result of adherence measurement to antihypertensive therapy with MMAS-8 was different with pill count methods. Pharmacists have a big responsibility to provide education and monitor related to antihypertensive therapy for preventing non-adherence.

Keywords: adherence, hypertension, primary health center, pill count, MMAS-8