

**ABSTRACT**  
**Patient Adherence to Antihypertensive Drugs**  
**Usage in Kedurus Primary Health Center**  
**South Surabaya**

Fatma Aldila

Patient adherence is an important health issue so the pharmacists need to pay more attention of its vulnerability in society. To determine patient adherence to antihypertensive drugs usage in Kedurus Primary Health Center South Surabaya, a cross-sectional study was conducted in February 2015 by purposive sampling method. 47 hypertensive patients in Kedurus Primary Health Center met inclusion criteria. Measurement was performed by using two methods: pill count (PC) and self-report using MMAS-8 (MMAS-8). MMAS-8 was proven to be valid ( $r\text{-test} > r\text{-table}$  0,294) and reliable (Cronbach's  $\alpha=0.707$ ).

Patient adherence measured by using PC detected that 38 respondents (80,9%) were nonadherent in taking their antihypertensive drugs. Meanwhile, patient adherence measured by using MMAS-8 found out that 27 respondents (57,4%) were indicated in low adherence level. Correlation between patient adherence measured by both of the methods could be observed after reclassifying adherence level in MMAS-8 into 2 categories: adherence and non adherence. Reclassification of MMAS-8 identified 20 respondents (42,5%) adhered to antihypertensive drugs usage. Moreover, Fisher Exact Test showed that there was no correlation of results from two methods ( $\text{sig } 1,000 > \alpha 0,05$ ).

To conclude, patients who were identified by PC as non adherents and patients with low adherence level based on MMAS-8 were both seen in highest number.

Key words: adherence, antihypertensive, hypertension, pill count, self-report, MMAS-8, primary health center, Kedurus, South Surabaya