

DRUG NON COMPLIANCE AMONG HYPERTENSIVE PATIENTS.

Tamilarasi B., Principal, Kanagavalli P., Professor, Jayasleen Y., B.Sc. (N) III year,
Madha College of Nursing, Chennai.



Abstract

Drug non compliance is preventable one by providing adequate knowledge regarding drug non compliance patients. Drug non compliance among hypertension patient leads to one lakh death per annum. The research was carried out to assess the effectiveness of STP on knowledge and attitude regarding drug non compliance among hypertensive patient. The research design adopted was pre experimental one group pre-test and post-test design. The study was conducted at primary health centre, Kundrathur Chennai. The study was conducted among 30 hypertensive patient. In pre test a set of question is given to answer and then experiment (STP) is given to the patient and again the same set of question is given to answer then both data is analysed to assess the effectiveness. The study concluded that STP is effective among hypertensive patient regarding drug non compliance on knowledge (t value was 2.78 which shows highly significant at $P > 0.001$ level) and attitude (t value is 3.68 which shows highly significant at $P > 0.001$ level).

Keywords: Drug Non Compliance, hypertension, knowledge, attitude.

Introduction

“Drug don't work in patient who don't take them”

Hypertension is ranked as the third most important risk factor for attributable burden of disease in south Asia (2010). Hypertension exerts a substantial public health burden on cardiovascular health status and healthcare systems in India. Hypertension is directly responsible for 57% of all stroke deaths and 24% of all Coronary Heart Disease (CHD) deaths in India.

Drug Non-Compliance refers to partial or complete withdrawal of the prescribed course of medication. Drug non-compliance among hypertensive patients is a major public health concern that we cannot ignore but there is often failure to attract the significant attention. In India 3 in 10 deaths are caused by hypertension and 1 in 20 of all hypertension deaths are caused by drug non-compliance.

Now a day's people are majorly affected by hypertension. The incidence rate in India is 4.3 million in 2017 in adults. Worldwide among the total hospital admission, 11 % is due to drug non compliance, in that 6 % is due to hypertensive drug non compliance. Almost 48% need nursing home admission because of drug non compliance, in that 18 % for hypertensive drug non compliance. Totally there are 1,25,000 deaths occur per year due to hypertensive drug non compliance in worldwide.

It has a high risk of coronary artery disease, renal failure and many other complications. The complications can be prevented by taking proper medications and significant changes in lifestyle. A major problem in identifying the non compliant patient is the unreliability if many of measures used for assessing compliance. A failure to drug compliance is a serious problem not only that affects the patient but also affects the health care system. World Health Organisation stated that the estimated non compliance to antihypertensive drug is 43.8% by the year of 2025. The results says that the drug non compliance will be a major reason for increasing prevalence of hypertension disease.

Statement of problem

A study to assess the effectiveness of structured teaching programme on knowledge and attitude

regarding drug non compliance among hypertensive patient in primary health centre at kundrathur, Chennai.

Objectives

- To assess the pre test level of knowledge and attitude regarding drug non compliance among hypertensive patients.
- To evaluate effectiveness of structured teaching programme on knowledge and attitude regarding drug non compliance among hypertensive patients.

Hypothesis

H1: There is a significant difference between pre test and post test level of knowledge and attitude after receiving Structured Teaching Programme regarding the drug non compliance among hypertensive patients.

Methodology

Research methodology involves systematic procedures with the research start initiate identification of the problem to its final conclusion.

Research design: The research design was pre experimental one group pre-test and post-test design.

Setting the study: The study was conducted in upgraded primary health centre at Kundrathur, Chennai. The hospital consists of 30 beds. And PHC had outpatient departments for NCD clinic, general medicine, obstetrics, dentistry, Siddha field of medicine.

Population: The population comprises of patients who are having hypertension.

Sample: The sample consists of hypertension patients who fully filled the inclusive criteria.

Sample size: The sample size consists of 30 hypertensive patients.

Sampling technique: Purposive sampling technique will be used to select the samples.

Inclusive criteria

- Hypertensive patients who are between age group of 30-60 years.
- Patient who are having hypertension only for past 2 years.

Exclusive criteria

- Hypertension patients who are not willing to participate in the study.
- Hypertensive patients who are also having other systemic disease like diabetes mellitus.

Procedure for data collection

The data was collected after obtaining permission from medical officer. Informed consent was obtained from the hypertensive patients. Purposive sampling technique was used to select the sample. The pre test level of knowledge and attitude were assessed using structured questionnaire. After conducting the pre test the structured teaching programme was given to the participants using different types of audio visual aids. The post test level of knowledge and attitude was evaluated after a week using the same questionnaire.

Data analysis and results

The data collected were analysed using descriptive and inferential statistics. The distribution of demographical variables among hypertensive patients are as follows, with respect to the age of hypertensive patients 2 (6.7%) were between the age group of 20-30 years, 2 (6.7%) were between the age group 30-60 years, 10 (33.3%) were between the age group of 60-70 years, 16 (53.3%) were between the age group of 70-80 years. With regard to sex distribution of hypertensive patients, 13 (44.4%) were males, 17 (56.6%) were females. In regard to educational qualification of hypertensive patients, 13 (44.4%) had completed school education, 8 (26.6%) had completed higher secondary education, 9 (29%). The occupation status of hypertensive patients were 10 (33.3%) of them are daily workers, 3 (10%) of them are sedentary workers, 4 (13.3%) are moderate workers, 13 (43.4%) are unemployed.

Major findings of the study

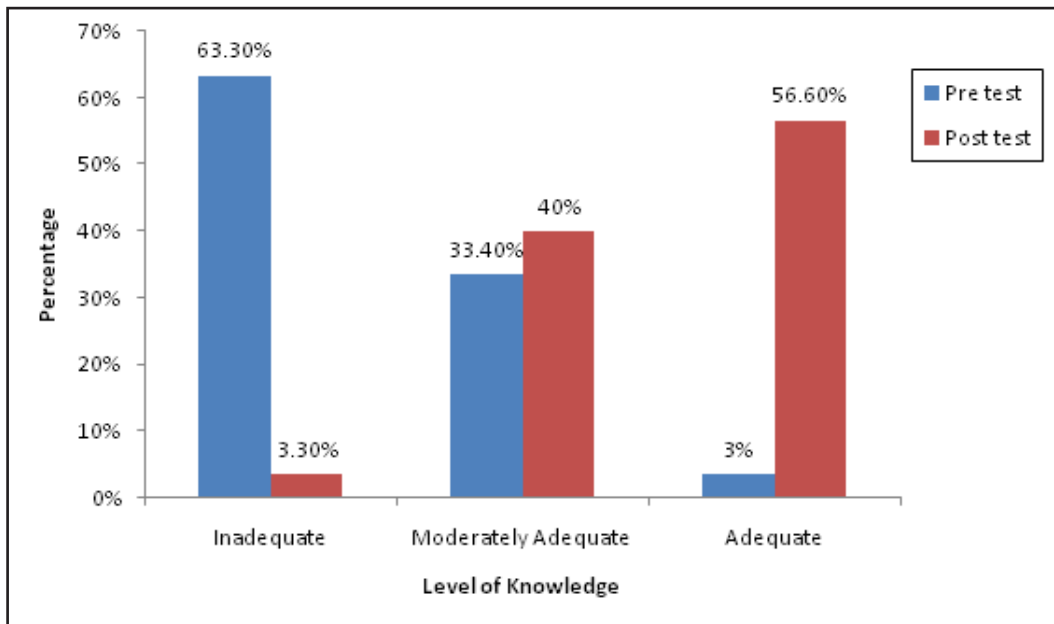


Fig 1. Comparison of percentage distribution of pre test and post test level of knowledge among hypertensive patients.

Figure 1 states that, in the pre test 1 (3.3%) had adequate knowledge 10 (33.4%) had moderate knowledge and 19 (63.3%) had inadequate knowledge.. In the post test, 17 (56.6%) 12 (40%) had moderately adequate knowledge and 1 (3.3%) had inadequate knowledge.

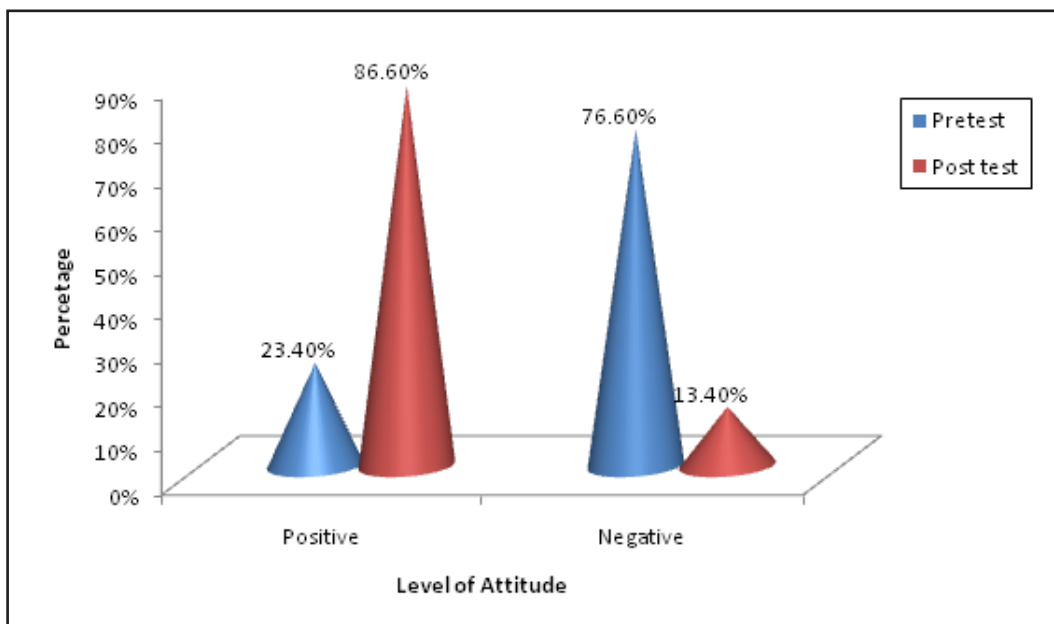


Fig 2. Comparison of percentage distribution of pretest and post test level of attitude among hypertensive patients.

As stated in figure 2, in the pretest, 23 (76.6%) were having negative attitude towards the adherence of antihypertensive drugs and 7 (23.4%) were having positive attitude, whereas in post test, 26 (86.6%) were having positive attitude to the adherence of antihypertensive drug and 4 (13.4%) were having negative attitude.

Table 1

Comparison of mean and standard deviation of level of knowledge regarding drug non compliance among hypertensive patients. (N=30)

Assessment	Mean	Standard deviation	Paired t test
Pre test	5	2.5	t = 2.78
Post test	11	1.6	

Table 1 shows, the mean score of pre test level of knowledge was 5 with the Standard deviation of 2.5 whereas the post test mean score was 11 with standard deviation of 1.6, which projected that the t value was 2.78 which shows highly significant at $p > 0.001$ level. This shows the significant effect of structured teaching programme on level of knowledge regarding drug non compliance among hypertensive patients.

Table 2

Comparison of mean and standard deviation level of attitude regarding drug non compliance among hypertensive patients. (N=30)

Assessment	Mean	Standard deviation	Paired t test value
Pre test	4	2.8	t = 3.68
Post test	7	2.4	

Table 2 shows, the mean score of pre test level of attitude as 4 with the standard deviation of 2.8 and the mean score of post test level of attitude as 7 with standard deviation of 2.4, the projected t value was 3.68 which shows highly significant at $p > 0.001$ level. This shows the significant difference in the level of attitude regarding adherence to the antihypertensive drugs among hypertensive patients following structured teaching programme.

Nursing implications The finding of the study has implication in the various area of nursing education, nursing administration, nursing research. In the hospital, nurses must emphasis on the proper drug regimen and prevention of complication among hypertensive patients. Extensive research can be done on drug non-compliance and advanced benefits of compliance rate of drugs.

Conclusion

The present study assessed the effectiveness of structured teaching programme regarding effect of drug non compliance. The study finding revealed that there is significant improvement in the level of knowledge after providing structured teaching programme. Based on data analysis structured teaching programme is very effective. Thus, the hypothesis formulated that there is significant difference between pre test and post test level of

knowledge and attitude after receiving Structured teaching programme regarding the drug noncompliance among hypertensive patients was accepted.

References

- Brunner and Suddharth (2010) *Text book of Medical Surgical Nursing*, 5th edition, published by LWW.
- Black (2009), *Text book of Medical Surgical Nursing*, 2nd edition, published by Elsevier.
- Lewis (2008), *Text book of Medical Surgical Nursing*, 3rd edition, published by Elsevier.
- Webber (2010), *Health Assessment in Nursing*, 1st edition, published by WK.
- Timby (2009), *Introductory Medical Surgical Nursing*, published by WK.