

Exploring Factors Influencing Medication Adherence among Hypertensive Patients in the Cardiology Clinic- University Hospital-KDU: A Qualitative Study

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Hypertension remains a significant global health concern requiring effective management strategies to mitigate associated risks. Continuous pharmacological therapy is essential for regulating blood pressure, with patient adherence to prescribed regimens being a critical factor for optimal outcomes. Although adherence to antihypertensive medications has been extensively studied, detailed investigations of patient behavior related to adherence are not prominent. This study aimed to examine the adherence behavior of patients within the Cardiology Clinic at University Hospital- KDU towards antihypertensive medications during self-administration. Qualitative data were collected through semi-structured interviews with 20 randomly selected participants. Data was collected until the data saturation point was achieved. Thematic analysis of verbatim transcripts identified three main themes influencing adherence: patient knowledge, counseling, and patient perception. Sub-themes under patient knowledge are knowledge of medication, knowledge of storage techniques, and brand preferences. Patient perception encompassed sub-themes such as side effects, satisfaction levels, financial status, and forgetfulness. Findings reveal that improved patient knowledge positively impacts medication adherence, with higher adherence observed among participants who are occupied or retired with higher education levels. Proper medication storage techniques were also associated with enhanced safety and effective use. The study underscores the multifaceted nature of medication adherence and highlights the need for tailored interventions focusing on education and counseling to optimize adherence and improve patient outcomes in cardiology settings.

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