

Evaluation of Factors Associated with Non-Adherence to Anti-hypertensive Treatment in a Tertiary Hospital in Luanda

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Introduction: Non-adherence to antihypertensive treatment is identified as the main cause of inadequate blood pressure (BP) control and, consequently, increased cardiovascular mortality.

Objective: To investigate the factors associated with non-adherence to antihypertensive treatment among patients treated at the Complexo Hospitalar de Doenças Cardiopulmonares Cardeal Dom Alexandre do Nascimento in Luanda, Angola.

Material and Methods: A cross-sectional observational study was conducted including 200 patients. Sociodemographic and clinical variables, as well as therapeutic adherence measured by the Morisky scale, were analyzed. Variables with normal distribution were presented as mean and standard deviation, while categorical variables were expressed as frequencies and percentages. Correlations were evaluated using Spearman's coefficient, and multivariate analysis was performed to identify predictors of non-adherence. A p-value <0.05 was considered statistically significant.

Results: Most participants were women (62.5%), with a mean age of 58.8 ± 11.3 years; 50% were married and 52% had a monthly income equal to or below the minimum wage. The prevalence of non-adherence was 84%, and financial difficulty was the most frequently reported reason (67.5%). Most patients had poor BP control (SBP: 155 mmHg; DBP: 93 mmHg). A negative correlation was observed between adherence and BP control. Age, financial difficulty, and knowledge about hypertension complications were identified as the main predictors of non-adherence.

Conclusion: The rate of non-adherence to treatment was high, leading to poor blood pressure control. Age, financial difficulties, and limited knowledge of hypertension complications were the main predictors of non-adherence to treatment.

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