The relationship between adherence to therapeutic regimen and health related quality of life in hypertensive patients

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Abstract

Like other chronic diseases, hypertension is closely related with lifestyle, mental health and quality of life. And the behaviors associated with the disease that predict successful treatment and reduces the severity of negative side effects, is patient compliance with the treatment regimen. The goal of this study was Determination of relationship between adherence to therapeutic regimen and health related quality of life in hypertensive patients.

Materials and Methods
The study was correlational, samples were chosen by using convenience sampling and according to characteristics of samples and their willingness to participate in the study. The data gathering tools in this study were Social and personal information (demographic) forms, and adherence to treatment and health-related quality of life questionnaires. (SF-64). Inclusion criteria was age over 18 years, confirmed the diagnosis by the doctor at least 4 months after diagnosis, the patient's taking at least one antihypertensive medication, lack of sensory perception disorder or mental retardation, the ability to speak and understand Persian, by the patient or his accompanied. Clinical research environment at selected hospitals affiliated to Tehran University of Medical Sciences consist of Hazrat Rasoul Akram Hospital, Imam Khomeini Hospital, and was a Shahid Rajai. Correlation between health-related quality of life and adherence to treatment was considered at r = 0.4. To determine the relationship between the main variables and demographic variables and characteristics associated with drug use ANOVA and T-Test, we entered variables that were significant in our regression model.

Results

74 patients with hypertension take part in this study. Most of Participants were male and their age was in range of 22-42 years old. In most of patients adherence to diet was relatively well, drug regimen was well and activity was poor. adherence to therapeutic regimen were relatively well (44%). Mean of quality of life among hypertensive patients was 33.66. Using the Pearson correlation between quality of life and adherence to treatment were observed (p=0.001, r=0.341).

There was a significant relationship between adherence to treatment, with insurance, other non-drug regimen, source of information about the disease, the medication, drug cost and frequency of drug use. There was a statistically significant relationship between quality of life and job, information about the disease, other chronic diseases and medication groups.

Conclusion
The study shows that there was relationship between adherence to therapeutic regimen and health related quality of life and the relationship was stronger in adherence to activity.

Key words: adherence to therapeutic regimen, health related quality of life, hypertension