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**Original article:**

**Adherence to medication among Hypertensive patients attending a tertiary care hospital in Guntur, Andhra Pradesh**

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**Abstract**:

**Background**: Hypertension, also known as high or raised blood pressure, is a global public health issue. Among the top 10 leading causes of death in the world, Hypertensive heart disease is at tenth place with an estimated 1.1 million deaths worldwide in 2012. Poor adherence to anti-hypertensive therapy is usually associated with bad outcome of the disease and wastage of limited health care resources.

**Objectives**: To determine the prevalence of adherence to medication and to find out the factors related to it among Hypertensive patients attending Government General Hospital, Guntur, Andhra Pradesh.

**Material & Methods**: This was an institutional based cross sectional study where 400 hypertensive patients were selected using systematic random sampling. After obtaining informed consent, subjects were personally interviewed with a pre-designed pre tested questionnaire. Questionnaire contained data related to socio-demographic information; questions related to adherence to anti-hypertensive medication which was measured using a eight item Morisky Medication Adherence Scale (MMAS). Data entry was done by Microsoft Excel 2007 and analysis by SPSS version 17.

**Results**: The overall adherence of study population among study population was 15.3% (n=61). Adherence was found to be higher in 50 years & above age group (46.6%) and among females (51.6%). Similarly, adherence was more among those who belonged to nuclear families (47.1%) and among literates (44.2%).

**Conclusions**: A very low adherence level was observed in the study which needs to be stressed and improved through health education.

**Keywords**: Hypertension, Adherence, Morisky Medication Adherence Scale (MMAS)