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A new Lebanese medication adherence scale: validation in Lebanese hypertensive adults

Background: Hypertension control reduces cardiovascular risk. Yet, lack of adherence to medication reduces this control. Therefore, tools to measure medication adherence are needed. A new Lebanese scale measuring medication adherence considered socioeconomic and cultural factors not taken into account by the eight-item Morisky Medication Adherence Scale (MMAS-8).

Objectives: The objectives of this study were to validate the new adherence scale and its prediction of hypertension control, compared to MMAS-8, and to assess adherence rates and factors.

Methodology: A cross-sectional study, including 405 patients, was performed in outpatient cardiology clinics of three hospitals in Beirut. Blood pressure was measured, a questionnaire filled, and sodium intake estimated by a urine test. Logistic regression defined predictors of hypertension control and adherence.
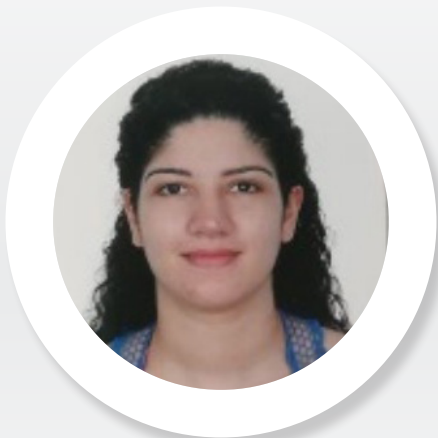
Results: The result showed that 54.9% had controlled hypertension. 82.4% were adherent by the new scale which showed good internal consistency, adequate questions (KMO coefficient=0.743), and four factors. It predicted hypertension control (OR=1.217; p value=0.003), unlike MMAS-8, but the scores were correlated (ICC average measure=0.651; p value<0.001). Stress and smoking predicted nonadherence.

Conclusion: This study elaborated a validated, practical, and useful tool measuring adherence to medications in hypertensive patients.

Biography

Rola Bou Serhal has completed her Research Master's in Public Health, Epidemiology and Biostatistics branch from the Lebanese University, and BS degree in Nursing from the Lebanese University. Currently, she is a Clinical Research Assistant in the Clinical Research Center at Saint Joseph University (USJ).

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