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Compliance of hypertensive patients to management In Kurdistan region, Iraq

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Background & Aim: Hypertension forms a major public health problem in Kurdistan region, Iraq Good compliance to antihypertensive drugs is a key factor in controlling blood pressure. To study compliance of patients toward management of hypertension in Duhok city, Iraq.

Methods: A cross-sectional study design was conducted during four months period in 2007. The inclusion criteria were patients eighteen years of age and above who known to be hypertensive for not less than one year. Information was obtained by direct interview. A Moriskey-Green test was adopted to assess compliance to medication.

Results: A total of 707 patients were recruited for the study. The study revealed a 54.6% compliance rate. Statistically significant associations were found between compliance rate by Moriskey-Green test and old age, female gender, low level of education, average socioeconomic status, long history of disease, knowledge of using medication, perception of hypertension as a health risk, presence of associated illnesses and practicing of life style changes.

Conclusions: More attention should be paid by health authorities and patients to the hypertension problem. Patients should be aware about the importance of compliance to medications.