

# IS KNOWLEDGE IMPROVE DRUG TAKING ADHERENCE IN HYPERTENSIVE PATIENTS?

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## ABSTRACT

**Background:** A cost-effective use of health services such as increasing the knowledge and awareness, detection, treatment, and control of hypertension (HT) is needed among public in developing countries, particularly about the risks associated with uncontrolled blood pressure. A number of studies highlighted multiple issues in non-adherence, including knowledge about hypertension by patients towards hypertensive medication. This study aimed to evaluate the association between knowledge and drug taking adherence.

**Subjects and Method:** A meta-analysis was conducted by implementing a PICO research question, including Population (P): hypertensive patients, Intervention (I): good knowledge, Comparison (C): poor knowledge, Outcome (O): drug taking adherence. Keywords of “knowledge” AND “hypertension” AND “drug taking adherence” AND “cross sectional” were applied on Pubmed and Google scholar databases to identify relevant studies. The inclusion criteria were full text articles, cross sectional study design, published from 2012 to 2022, and reporting adjusted odds ratio (aOR). The articles were screened using PRISMA flow diagram then analyzed using Review Manager 5.3.

**Results:** Good knowledge improved drug taking adherence 3.85 times than poor knowledge (aOR= 3.82; 95% CI= 1.75 to 8.30; p= 0.007) with I<sup>2</sup>= 90 %; p<0.001.

**Conclusion:** Good knowledge improves drug taking adherence in hypertensive patients.

**Keywords:** knowledge, hypertension, drug taking adherence

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