

FACTORS AFFECTING COMPLIANCE WITH ANTI-HYPERTENSIVE DRUG
TREATMENT AND REQUIRED LIFESTYLE MODIFICATIONS AMONG
HYPERTENSIVE PATIENTS ON PRASLIN ISLAND

by

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SUPERVISOR: PROF. L. DE VILLIERS

DECLARATION

I declare that ***Factors affecting compliance with anti-hypertensive drug treatment and required lifestyle modifications among hypertensive patients on Praslin Island*** is my own work and that all the sources that I have used have been indicated and acknowledged by means of complete references and that this work has not been submitted for any other degree at any other institution.

EDO TA

30. 6. 2009

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ABSTRACT**FACTORS AFFECTING COMPLIANCE WITH ANTI-HYPERTENSIVE DRUG TREATMENT AND REQUIRED LIFESTYLE MODIFICATIONS AMONG HYPERTENSIVE PATIENTS ON PRASLIN ISLAND**

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Various studies on compliance with anti-hypertensive medications and appropriate lifestyle modifications have been conducted worldwide but studies specific to the Island of Praslin are lacking. The purpose of this quantitative, descriptive-correlational study was to describe factors that affected compliance with hypertension medications and lifestyle modification strategies in a sample of 102 hypertensive persons. The comprehensive version of the Health Belief Model served as the conceptual framework directing the study. The researcher investigated whether there were any significant relationships between compliance and the Health Belief Model variables. Data was collected by means of structured interviews and document analysis, involving an interview schedule and a checklist. All respondents were diagnosed hypertension patients registered at either of the two public health centres on the Island of Praslin. Individual perception of the benefits and risks of hypertension treatment as well as cues to action were found to be significant determinants of compliance behaviour. The study highlighted the need for improved health education and follow-up measures to strengthen patients' perceptions about the benefits of treatment and compliance.

KEY TERMS

Adherence; Compliance; Hypertension; Health Belief Model; Lifestyle modification; Drug treatment; Quantitative descriptive-correlational research; Perception.

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LIST OF ABBREVIATIONS

BNF	British National Formulary
CHSR	Center for Health Services Research.
CMSA	Case Management Society of America
HBM	Health Belief Model
JNC	Joint National Committee on the Prevention, Detection, Evaluation and Treatment of High Blood Pressure
MISD	Management and Information System Division
OECD	Organization for Economic Cooperation and Development
RCN	Royal College of Nursing
SD	Standard deviation
UNDP	United Nation Development Programme
UNISA	University of South Africa
UPCCD	Unit for Prevention and Control of Cardiovascular Diseases.
UVAHS	University of Virginia Health System
WHO	World Health Organization
WHOSIS	World Health Organization Statistical Information Service

