

MEDICATION ADHERANCE OF HYPERTENSION AMONG ADULTS IN KAMASHI NAGAR, NELLORE.

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Abstract: Introduction: Hypertension is one of the most common disorders in the world. It is sometimes called as “Silent Killer”. Hypertension is preventable and controllable epidemic in world wide. Medication adherence refers to the degree or extend of conformity to the recommendations about day-to-day treatment by providing with respect to the timing, dosage and frequency. It may be defined as the extent to which a patient acts in accordance with prescribed interval and dose of a drug intake. Methods: A quantitative research approach and cross - sectional descriptive design was adopted for this study. The study was conducted in Kamakshi Nagar, Nellore. The sample for the present study was 50 adults. Non probability convenience sampling technique was adopted for this study. The Modified Morisky green scale was used to assess Medication Adherence of hypertension and it was analyzed by using descriptive and inferential statistics. Results: It was observed that medication adherence of hypertension was 5(10%) with a high level adherence, 41(82%) with a medium level adherence, 4(8%) with low level adherence. The mean value of medication adherence of hypertension among adults were 30.44 and the standard deviation was 8.12. There was a significance association between the medication adherence and selected socio demographic variables like duration of illness and no significant association between the selected demographic variables like age, gender, educational status, occupation, income, type of family, residence, family history of hypertension, frequency of medication, number of medications at $p= 0.05$. Conclusion: Among the 50 samples 41(82%) had medium level of medication adherence in Kamakshi Nagar, Nellore. Research suggests that, as a health professional, nurses need to educate the community people. So, it is important to create an awareness among adults by conducting awareness programme on medication adherence of hypertension. Keywords: Medication Adherence, Hypertension, Adult.