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Barriers and Enablers of Antihypertensive Adherence Among a Nigerian Adult Hypertensive Population Seeking Care in Public Secondary Health Facilities in Delta State, Nigeria: A Mixed Methods Study

Obstacles et Facteurs Facilitateurs de L'observance des Antihypertenseurs Chez une Population Adulte Hypertendue Nigériane Consultant dans des Établissements de Santé Secondaires Publics de l'État du Delta, Nigéria : Une Étude à Méthodes Mixtes

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ABSTRACT

BACKGROUND: Poor adherence to prescribed anti-hypertensive treatments remains a significant public health challenge in Nigeria. This study assessed the barriers and enablers of anti-hypertensive medication adherence among hypertensives seeking care in public secondary health facilities in Delta State, Nigeria.

METHODS: A mixed quantitative and qualitative method was employed to assess the barriers and enablers of anti-hypertensive medication adherence among a random multistage sample of 451 adult hypertensives. Data were collected using an interviewer-administered semi-structured questionnaire and a focus group discussion guide. Descriptive and inferential analyses of the data collected were carried out using the IBM SPSS version 26 software.

RESULTS: The mean age of the study participants was 53.5 (SD = 9.9) years, with 80.7% (n = 364) reporting poor anti-hypertensive medication adherence. Those with good adherence were likely to be at least 50 years old (AOR = 2.625; 95% CI: 1.353 - 4.485; P = 0.014), have tertiary education (AOR = 7.797; 95% CI: 3.359 - 9.758; P = 0.009), belong to the upper socio-economic class (AOR = 2.546; 95% CI: 1.968 - 4.761; P < 0.001) and living with hypertension for at least five years (AOR = 1.752; 95% CI: 1.367 - 7.456; P = 0.003).

CONCLUSION: Anti-hypertensive medication adherence was generally poor among the study participants. There is a need for concerted efforts by health providers to regularly screen for anti-hypertensive adherence and provide qualitative health education targeted at improving adherence to medication among hypertensives.

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KEYWORDS: Adherence, Anti-hypertensive, Barriers, Enablers, Hypertension

RÉSUMÉ

CONTEXTE: La mauvaise observance des traitements antihypertenseurs prescrits demeure un défi majeur de santé publique au Nigéria. Cette étude a évalué les obstacles et les facteurs facilitateurs de l'observance des médicaments antihypertenseurs chez des patients hypertendus fréquentant des établissements publics de soins secondaires dans l'État du Delta.

MÉTHODES: Une méthode mixte, quantitative et qualitative, a été utilisée pour évaluer ces éléments auprès d'un échantillon aléatoire multistade de 451 adultes hypertendus. Les données ont été recueillies à l'aide d'un questionnaire semi-structuré administré par un enquêteur et d'un guide de discussion de groupe. Les analyses descriptives et inférentielles ont été réalisées à l'aide du logiciel IBM SPSS version 26.

RÉSULTATS: L'âge moyen des participants était de 53,5 ans (ÉT = 9,9), et 80,7 % (n = 364) ont déclaré une faible observance des médicaments antihypertenseurs. Les patients ayant une bonne observance étaient plus susceptibles d'avoir au moins 50 ans (ORa = 2,625 ; IC à 95 % : 1,353 - 4,485 ; p = 0,014), d'avoir un niveau d'études supérieur (ORa = 7,797 ; IC à 95 % : 3,359 - 9,758 ; p = 0,009), d'appartenir à une classe socio-économique élevée (ORa = 2,546 ; IC à 95 % : 1,968 - 4,761 ; p < 0,001) et de vivre avec l'hypertension depuis au moins cinq ans (ORa = 1,752 ; IC à 95 % : 1,367 - 7,456 ; p = 0,003).

CONCLUSION: L'observance des médicaments antihypertenseurs était globalement faible parmi les participants. Il est nécessaire que les prestataires de santé déploient des efforts concertés pour dépister régulièrement cette observance et fournir une éducation sanitaire qualitative visant à améliorer l'adhésion au traitement chez les patients hypertendus.

MOTS-CLÉS: Observance, Antihypertenseurs, Obstacles, Facilitateurs, Hypertension WAJM 2025; 42 (3): 240-247

MOTS CLES: Présentation, d'urgence, Enfants, Malformations, Cardiaques congénitales

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