

Indicators Analysis Related to The Level of Adherence to the Treatment of Arterial Hypertension Carriers

Abstract

This study focus on identifying and analyzing the level of adherence to the treatment of Arterial Hypertension carriers. Seventy, both sexes hypertensives, aged between 28 and 84 years, assisted in the Center of Reference for Hypertension and Diabetes, of Rio Verde/Goiás, answered to social demographic and clinical questionnaires, Evaluation Instrument of Adherence to the HA Treatment and Health Beliefs Scale. The participants (N=70) were classified as borderlines to the complete adherence ($X > 7$ e < 9). The social demographic and adherence - to the treatment of arterial hypertension carriers - correlations' data weren't relevant. Otherwise, the correlation between the clinics and adherence's data were significant to: medication access ($r = ,284$; $p < 0,05$); physical activities absence ($r = -,362$; $p < 0,01$); treatment abandoning ($t = -2,051$; $p < 0,05$); lack of leisure activities ($t = 2,050$; $p < 0,05$); and appointments attendance ($t = 3,443$; $p < 0,01$). The benefits perception (79,7%) was superior to the perceived barriers (14%). The results contributed to the intervention, the teaching and qualification of the health professionals.

Keywords: Arterial Hypertension, beliefs, risk factors.