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### Title

Strategies to Improve Medication Compliance in Adult Patients with Hypertension: A Literature Review

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### Authors

Garnica, Viviana

Light, Anu

Montana, Norma

et al.

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# Strategies to Improve Medication Compliance in Adult Patients with Hypertension: A Literature Review

Viviana Garnica, BS, Anu Light, BS, Norma Montana, BS, Teymour Mushfiq, BA: MS Candidate  
Sue and Bill Gross School of Nursing Science, University of California, Irvine

UCI Sue & Bill Gross School of Nursing

## BACKGROUND

- Hypertension affects nearly one-third of adults globally and is a major cause of cardiovascular diseases like stroke and heart attack.
- Effective management is crucial, but medication adherence remains a challenge, with non-adherence rates ranging from 7.1% to 66.2%.
- Various strategies have been developed and tested to improve medication adherence among hypertensive patients.

## PURPOSE

The purpose of this review is to evaluate various interventions for managing hypertension in existing literature to determine the most effective strategy for improving medication compliance in adult patients.

## METHODS

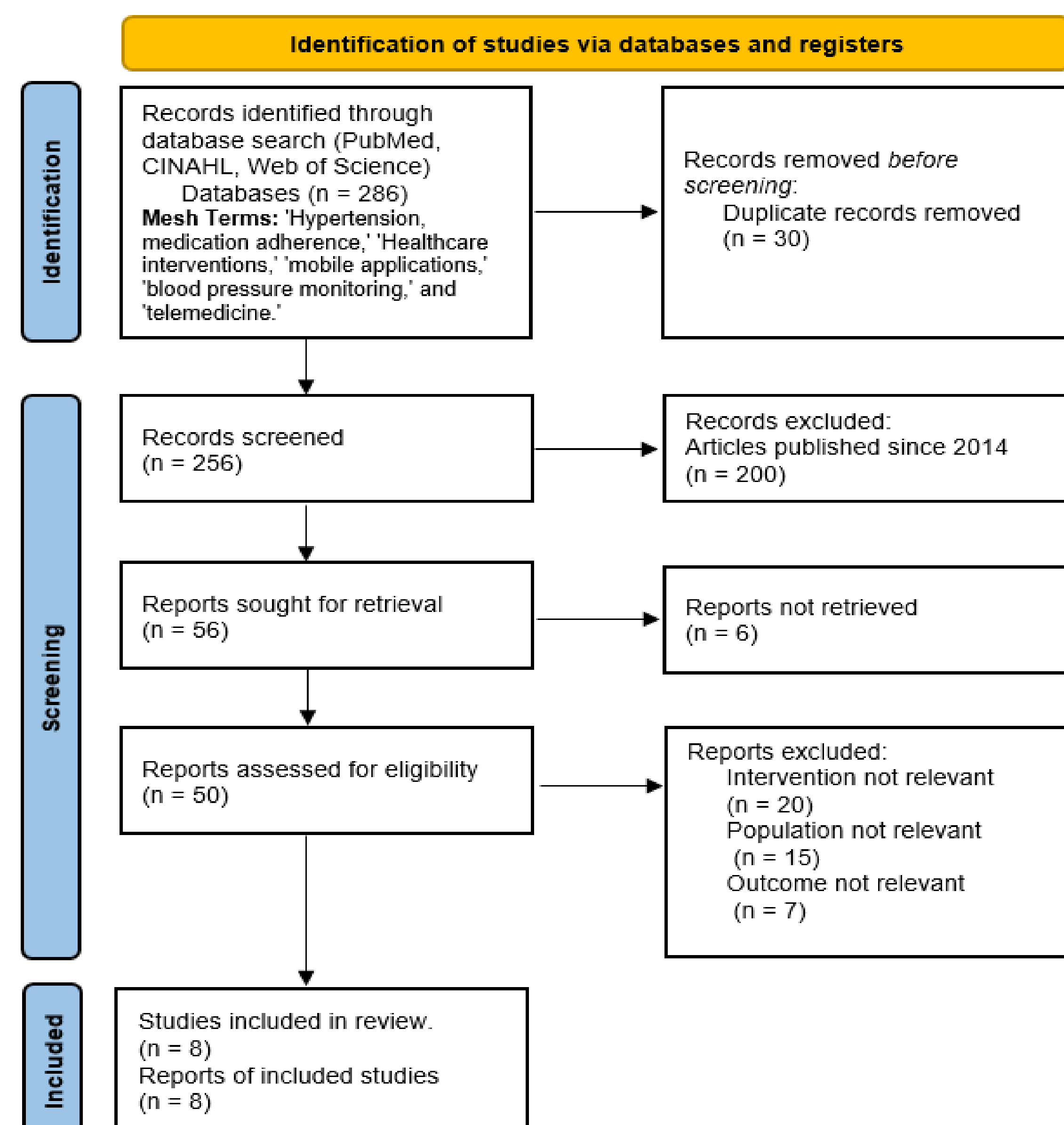


Figure 1. PRISMA Diagram

## RESULTS

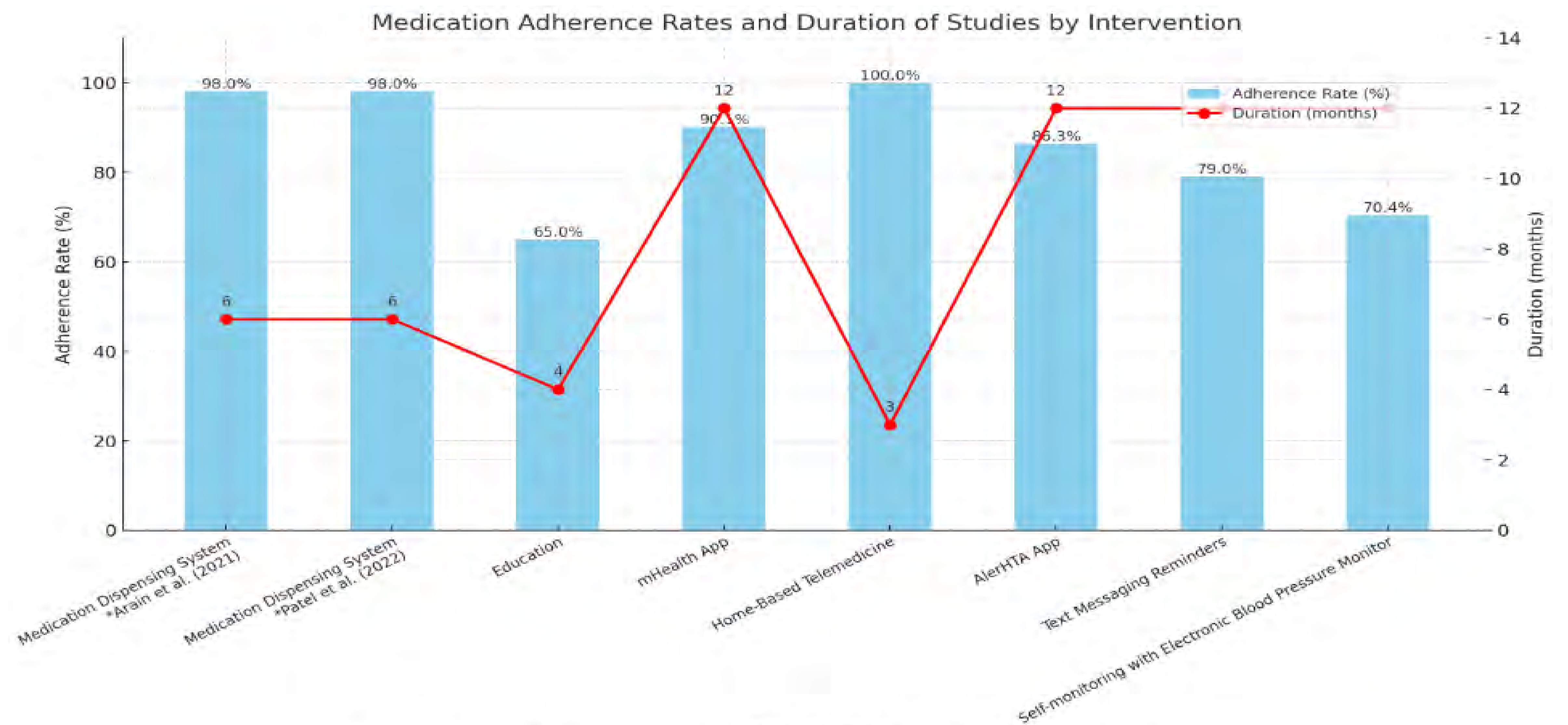


Figure 2. Medication Adherence Rates and Duration of Studies by Intervention

## ATTRIBUTES of 8 STUDIES

### Study Design:

- Most studies reviewed were randomized controlled trials.
- Some pilot studies, cluster-randomized trials, and observational studies.

### Study Setting: Community-based settings.

### Participants:

- Adults with hypertension.
- Sample sizes ranged from 50 to 350 participants.

### Outcome Measures:

- Medication adherence and blood pressure control.



## CONCLUSIONS & IMPLICATIONS

- Implementing cost-effective digital tools like HOME BP for remote blood pressure management relies on clinician buy-in and user-friendly design.
- Integrating digital interventions with electronic health records is crucial for widespread adoption and improved patient care.
- m-Health interventions, like daily text messaging with psychoeducation, improve medication adherence and chronic condition management, but larger studies are needed to confirm long-term efficacy.
- Medication dispensing technology (MDS) can significantly improve medication adherence among older adults with chronic conditions, providing a long-term solution to medication non-adherence.

QR Code to Access the Full Study and Additional Data

