



**DETERMINANTS OF ANTIHYPERTENSIVE THERAPY ADHERENCE  
AMONG HYPERTENSION PATIENTS AT RIFT VALLEY PROVINCIAL  
HOSPITAL, NAKURU COUNTY**

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## ABSTRACT

Abundant literature supports the beneficial effects of medications, diet, exercise recommendations and regular follow up for improving and maintaining blood pressure among patients with hypertension. Adherence is the extent to which a person's behavior - taking medications, following a diet and/or executing lifestyle changes, corresponds with agreed recommendations from a health care provider. Patient adherence to therapeutic regimen is difficult to initiate and sustain; however, reason for non-adherence amongst patients with hypertension population is very complex and multi-faceted in nature. This study therefore sought to determine the factors that contribute to poor compliance to therapy among patients attending medical outpatient clinic at Rift valley provincial hospital. Descriptive cross-sectional design was used in this study. Sample size was determined by use of Cochran formula (1967). Simple random sampling method was used to select study participants. The target populations for the study were adults (over 18 years) patients attending hypertensive follow up clinic at Rift valley provincial hospital. The study samples were 68 participants. The data collection instruments for the study included both open ended and closed questionnaire. Data collected was processed, organized and analyzed with the aid of a SPSS version 21, and presented in form of frequency tables, pie charts, bar graphs and narratives. The study found that the socio-economic factors such as occupation and poverty level were the main contributors to hypertension; at least of 73.5% the respondents were employed living a smaller percentage of 4.4% who were pensioners. Distance to the hospital/ health facility was one of the main issues thus majority of the respondents lived more than 4 km (48.5%) from the health facility while subgroups lived less than 1 km from the health facility (17.6%), transportation is a major problem in some parts of Nakuru county thus making reaching the health facility a big issue, at least 73.5% of the respondents could reach the hospital but by matatu/motorbike while minorities went on foot 26.5%, in conclusion both fish and the mustard oil are rich in unsaturated fatty acids, and biologically, their beneficial effects are related not only to reduction of blood pressure, but also to lowering of lipids and to their antithrombotic effects. Useful role of fish cooked in mustard oil, as a protective factor needs to be probed further in future longitudinal studies. The observed prevalence of anti-hypertensive therapy adherence in this study and other studies suggest the need for a comprehensive national policy to control hypertension in Nakuru. In the present study, we have shown that there is increasing trend of anti-hypertensive therapy adherence even in the sub-urban community.