TREATMENT COMPLIANCE AMONG PRIMARY HYPERTENSIVE PATIENTS ATTENDING SELECTED HOSPITALS IN NAIROBI COUNTY, KENYA

PURITY MBURUGU (BScN)
REG.NO: Q57/23718/2011

"A RESEARCH PROPOSAL SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF MASTER OF PUBLIC HEALTH IN THE SCHOOL OF PUBLIC HEALTH OF KENYATTA UNIVERSITY."

JUNE, 2014
DECLARATION

“This proposal is my original work and has not been presented for a degree in any other university”

Signature ................................................. Date 1/07/2014

Purity Mburugu
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Supervisor: This proposal has been submitted for review with our approval as university supervisors.

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ABSTRACT

The ultimate aim of any prescribed medical therapy is to achieve certain desired outcomes in the patients concerned. However, despite all the best intention and efforts on the part of the healthcare professionals, these outcomes might not be achievable if the patients are non compliant. Hypertension is a common condition affecting nearly one billion people worldwide. It also remains one of the most important preventable causes of premature morbidity and mortality in the world. However, compliance with treatment is often sub-optimal, especially in developing countries. Treatment with appropriate medication is a key factor in the control of hypertension and reduction in associated complications. Compliance to hypertensive treatment remains fundamental in reducing risks of ischemic and hemorrhagic stroke, myocardial infarction, heart failure, chronic kidney disease, cognitive decline and premature death. The main objective of this study is to determine the level of treatment compliance among primary hypertensive patients attending selected hospitals in Nairobi. It is a facility based descriptive cross-sectional study which will be conducted in three hospitals in Nairobi County which were selected by simple random sampling that is Mbagathi District Hospital, St Mary’s Hospital and Mater Hospital. The study population will be selected using systematic sampling and will comprise of patients with primary hypertension who are aware of their status and have been on medication for at least one month. Data will be collected using semi-structured questionnaires, focus group discussion and key informant interviews. The collected data will be cleaned, coded and stored. Quantitative data analyzed using SPSS version 20. Descriptive analysis will be done using frequencies, means and SD. Chi square will be used to test association of variables. The outcome measure of this study is the level of treatment compliance among primary hypertensive patients attending selected hospitals in Nairobi County.