

Health system crucial to improve medication adherence for people managing hypertension

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People with hypertension, or high blood pressure, play a key role in whether they use medication appropriately to manage their blood pressure. However, a new American Heart Association scientific

statement, published today in the Association's journal *Hypertension*, suggests additional support is needed for patients from the broader health care system. The statement urges health care professionals, pharmacies and insurance companies to develop specific, evidence-based strategies addressing medication adherence and create solutions for blood pressure control at the personal level for individuals with high blood pressure. A scientific statement is an expert analysis of current research and may inform future guidelines and recommendations.

The scientific statement, "Medication Adherence and Blood Pressure Control", summarizes the existing knowledge about the impact of [medication](#) non-adherence to the national prevalence of poor [blood pressure control](#); the methods for measuring medication adherence and its associated challenges; risk factors for non-adherence; and strategies for improving rates of proper use of blood pressure medication individually and at the overall health system level.

According to the [American Heart Association Heart and Stroke Statistics—2021 Update](#), more than 55 million adults in the U.S. currently take medications to help with [high blood pressure](#), and high blood pressure is a major risk factor for stroke, [heart disease](#) and kidney disease. Results from National Health and Nutrition Examination Surveys (NHANES) conducted between 1999 and 2018 revealed that, despite many high blood pressure treatment options, the percentage of people successfully managing their high blood pressure (high blood pressure measured in this study as $\geq 140/90$ mm Hg) dropped 10% between 2014 and 2018, from 53.8% to 43.7%, respectively. Both percentages are far below the U.S. Health and Human Services' 2020 goal of 61% of adults with blood pressure

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