



MEDICATION COMPLIANCE IN AFRICAN AMERICAN AND HISPANIC MEN



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Background

The treatment of hypertension commonly includes the long-term use of pharmacotherapy. Although these medications are effective in combating disease, their full benefits are often not realized because approximately 50% of patients do not take their medications as prescribed. Factors that lead to non-compliance from the time of discharge and beyond are divided into three separate categories that are patient based, physician/nurse based, and health care system derived. African American and Latino men are at greater risk for medication non-adherence due to their labeling of being a disadvantaged group when it comes to access to healthcare. Because barriers to medication adherence are complex and varied, solutions to improve adherence must be multifactorial.

PICOT Question

How do middle aged (45-65 yr. old), African-Americans and Hispanic men, with a diagnosis of HTN, perceive the importance of their prescribed medication regimen from the time of discharge and beyond?

Literature Review

- *Databases Used:* CINAHL, EBSCO
- *Article Selection Criteria:* Peer Reviewed Articles published between 2013-2018
- *Keywords:* Hypertension, African American, Latinos, Hispanic, Minorities, Medication Compliance, Discrimination



(Northwestern Medicine, 2018)

Synthesis of Findings

- Medication adherence is not exclusively the responsibility of the patient ^{1,2,3,4}
- Lack of symptoms leads to the disbelief of the seriousness of the disease ^{1,2,3,4}
- In the US, African American men have 21% greater odds of HTN relative to white men ⁴
- Factors associated with nonadherence include pharmacotherapy complexity, unsatisfactory knowledge about the disease, and dissatisfaction with health service ^{5,6}
- Low education levels are associated with lower use of antihypertensive medication, education variable is related to understanding the need to use the medication and the proper way of administration ^{5,6}
- Common asymptomatic nature of HTN does not encourage drug use ^{1,5,6}
- Education attainment is associated with blood pressure control ^{1,5,6,7}

Implementation

- Mandatory Cultural Competency Training for RNs
- Assess and Document Socioeconomic Assessment
- Provide holistic care (physical, psychological, social, and spiritual) for the entire person
- Consistent HTN patient education



(Kaiser Permanente, 2015)

Evaluation

- Mandatory Cultural Competency Training
- ↓ incidence of readmission within 30 days for uncontrolled HTN
- ↑ prescribed pharmacological intervention being realistic for socioeconomic assessment performed

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