

# Knowledge about Hypertension and Antihypertensive Medication Compliance in a Jordanian Community Sample

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## Abstract

Hypertension is a common health problem requires patients' compliance to medication. Non-compliance is the failure of patients to follow health instructions. The purpose of this cross sectional study was to investigate what factors influence the elders' knowledge about hypertension and elders' compliance to antihypertensive medications. Elders' knowledge about hypertension and their compliance levels were satisfactory. There was a significant relationship between knowledge and compliance. It was found that elders who reported high scores on hypertension disease knowledge were elders who earned more than 300 JD/month, who remembered name of their medications and who received adequate information about their disease. Knowledge about hypertension and medication were basic prerequisites for elders' compliance to take antihypertensive medications.

Nurses and other health care personnel have a key role in improving elders' compliance to their medication through appropriate evidence based interventions.

**Keywords:** Compliance, Elders, Hypertension, Jordan

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