

## 2. ADHERENCE TO TREATMENT OF PATIENTS WITH HYPERTENSION



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**Introduction.** Hypertension (HTN) has a high incidence, in Europe one in three people are diagnosed with high blood pressure. Among the determinants of hypertension, as well as cardiovascular risk factors, others such as socioeconomic status, education level, income and occupation are also being investigated.

**Aim of study.** Evaluation of the socio-economic status of patients with arterial hypertension from urban and rural areas and assessment of treatment compliance.

**Methods and materials.** In accordance with the proposed aim and objectives, we created a study group of 70 HTN questioned patients, average age  $62.25 \pm 8.8$  years, from the Institute of Cardiology, hospitalized between 2021 -2022 using Hill-Bone scale.

**Results.** The results obtained revealed a similar compliance in the 3 areas evaluated: reducing sodium intake, keeping doctor's appointments and taking medication. There were 32 (40%) patients in the non-compliant category, including 9 (11.25%) women and 23 (28.75%) men. Patients from the rural area have incomes lower than 10,600 lei in 77.12% versus the urban region only in 68.56%,  $p < 0.05$ . Appreciation of the level of education through higher education scores in the urban area 40%, compared to the rural area 34.27%, when they are not influenced by the employee status,  $p > 0.05$ .

**Conclusion.** The assessment of the socioeconomic status in patients with arterial hypertension was mainly influenced by the average level of education 61.4%, the status of employee in 62.85% and low income in 72.8%. People with high incomes and with high levels of education are more aware of their own health and therefore have a significantly reduced prevalence of HTN. Differences in the relationship between educational groups and the prevalence of hypertension may be explained by significantly poorer health care by education level and income. In addition, people with lower levels of education have less information and poorer therapy.