

N	44
Age, Mean, (SD), Years	56 (9)
Female %	73%
Born Outside the US	98%

Medication Hesitancy and Blood Pressure Medication Adherence Among Latinx Adults with Hypertension

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INTRODUCTION

- Poor blood pressure control is commonly seen in Latinx Adults, which may be attributed to low levels of adherence to medication.
- Non-adherence to medication is very common among the Latinx population and often has detrimental impacts on patients' lives, and may be related to the mistrust of medication and healthcare professionals.

METHODS

- Data from n=44 Latinx patients, who are part of a larger NIH funded hypertensive study, from the UCI FQHC (Federally Qualified Health Center) was used.
- Medication hesitancy was collected using a Beliefs About Medication Questionnaire (BMQ).
- Medication adherence was measured using a MEMS Cap.
- Non-adherence was defined as taking less than 80% of doses in a 30 period.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

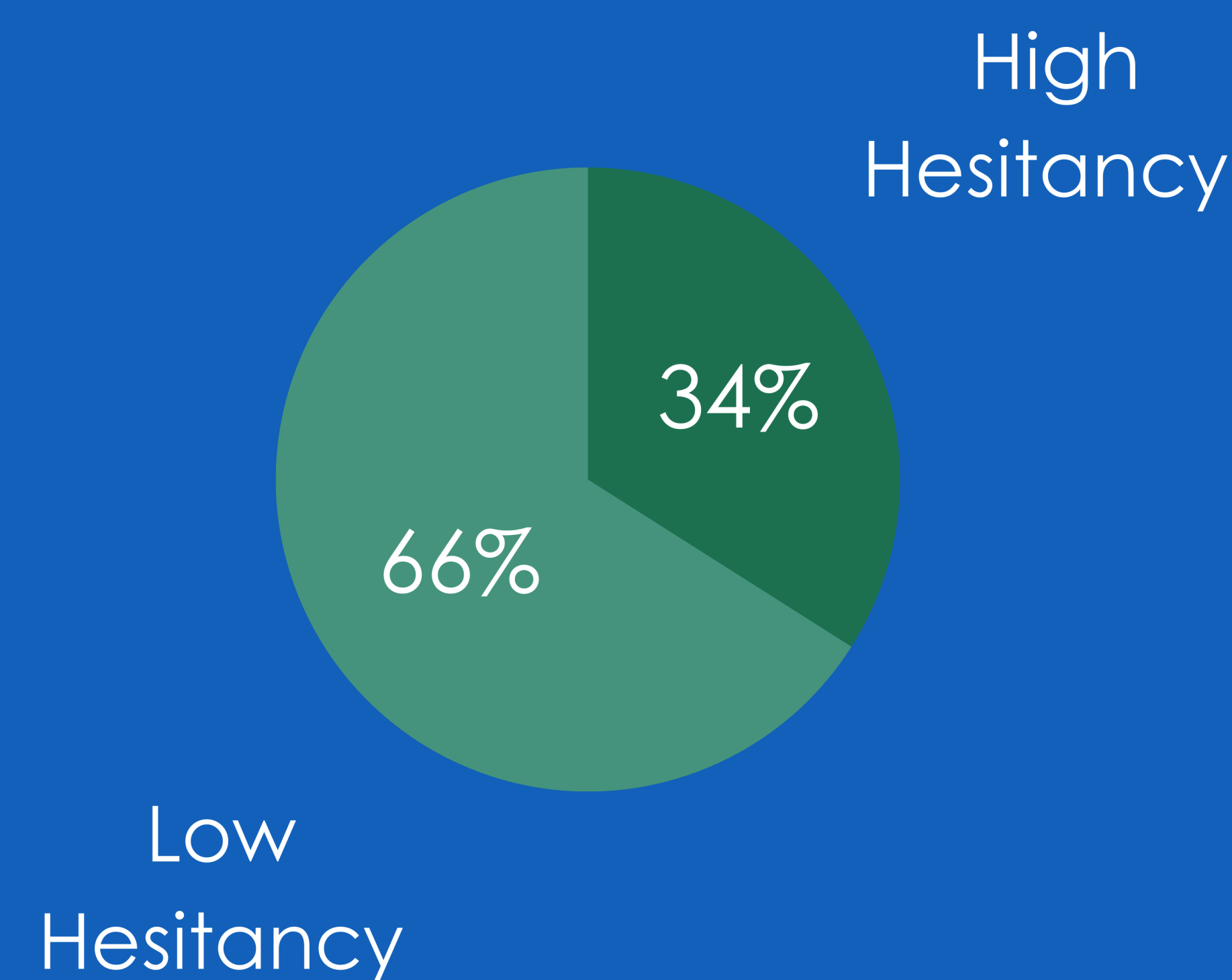


Medication hesitancy may be linked to medication non-adherence in Latinx adults with hypertension.

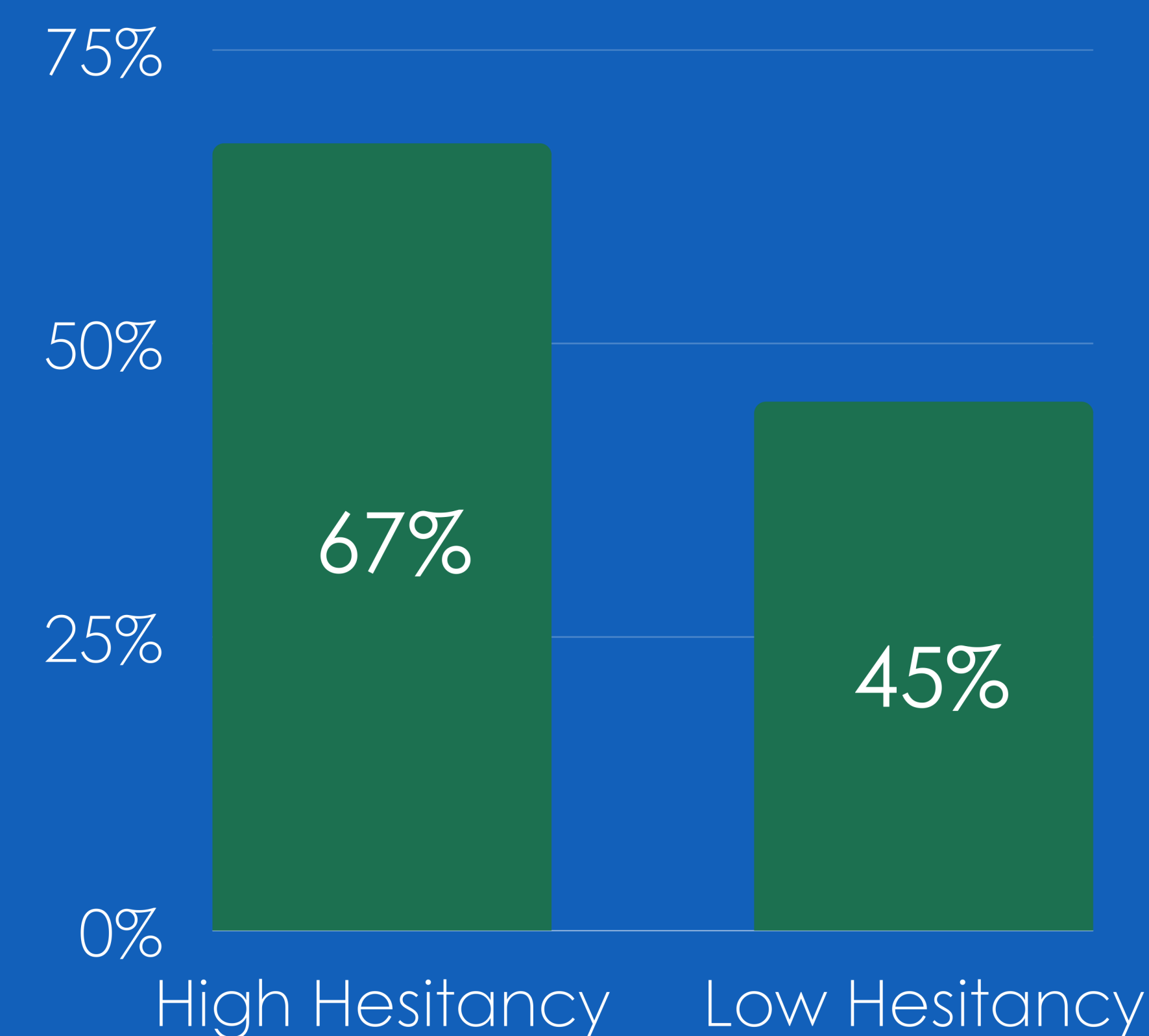
Nationwide, 64.5% of Latinx adults have poor blood pressure control and only 59% are properly adherent to their blood pressure medication.*



Participant's Hesitancy Levels



Percent of Patients Exhibiting Non-adherence



RESULTS

- 15 (34%) were categorized as high hesitancy and 29 (66%) as low hesitancy through the BMQ.
- 67% of high hesitancy versus 45% of low hesitancy patients exhibited non-adherence in their MEMS cap data (p=0.20).
- **High hesitancy patients were less likely to be adherent to their medication compared to low hesitancy patients.**

DISCUSSION

- High hesitancy may be connected to exhibiting hesitancy to medication adherence while low hesitancy may be connected to better medication adherence.
- Although not statistically significant, the magnitude of the difference is large and warrants further investigation in a larger sample to determine the association of medication hesitancy with subsequent nonadherence in this population.



*Centers for Disease Control National Health and Nutrition Examination Survey (NHANES)