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MOBILE APPLICATION FOR THE IMPROVEMENT OF PHARMACOLOGICAL ADHERENCE TO ANTIHYPERTENSIVE TREATMENT AMONG ELDERLY PEOPLE

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INTRODUCTION

Chronic Arterial Hypertension (CAH) is a disease whose prevalence reaches values between 17,2% - 45.2%[1]. The lack of adherence to pharmacological treatment constitutes one of the main problems, only about 50% of hypertensive patients fully adheres to their treatment[2].

As support to traditional treatment of primary care in Chile, for elderly people, diagnosed with hypertension, we propose a Transmedia Psychoeducational pro-Adherence (TPA) Program.

A basic TPA program proposes health promotional videos, while the full program includes a mobile application (*AFAM-Salud*) developed to improve adherence to treatment. The application contains personalized information of each person. It allows the scheduling of alarms for the intake of each medication, along with other components like educational tips for a healthy life and control CAH, a community chat and a personal chart of adherence achievements. A web application was developed to upload patient information related to medication and clinical exams.

METHOD

The recruitment of patients was carried out in the family health centers of Hualpen commune. Inclusion criteria: men and women of 60 years of age or older, with a minimum of one year of diagnosis of CAH, autovalent, who read and write. Exclusion criteria: patients in treatment due to severe psychiatric pathology.

The study was carried out with three groups, Group A (n=86), was exposed to the full TPA program, including the delivery of a smartphone with *AFAM-Salud*. Group B (n=89) was exposed to the basic TPA program and Group C (n=73), as control group.

Patients were interviewed personally in their homes with a biopsychosocial instrument created by the research team. This instrument included the measurement of pharmacological adherence through the Morisky-Green test[3], while the knowledge of the disease was measured by the Batalla test[4].

RESULTS

Figure 1: Communication system between patient and clinical group

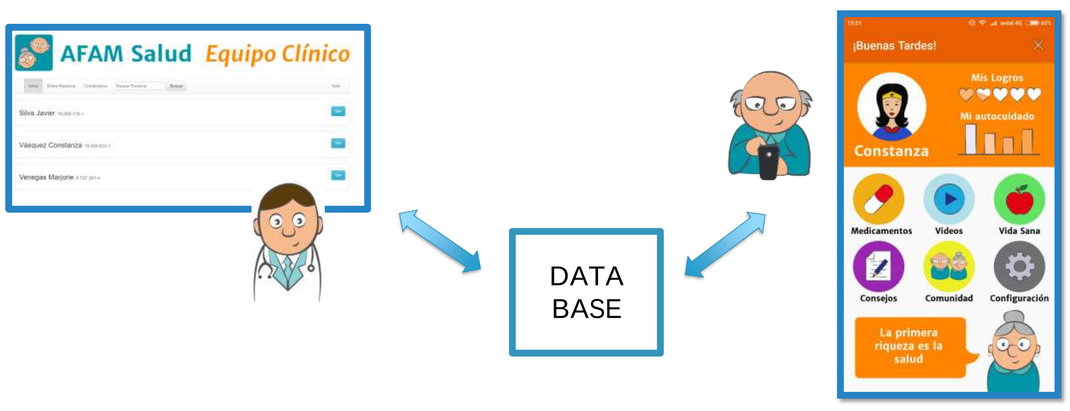


Figure 2: Details of mobile App sections

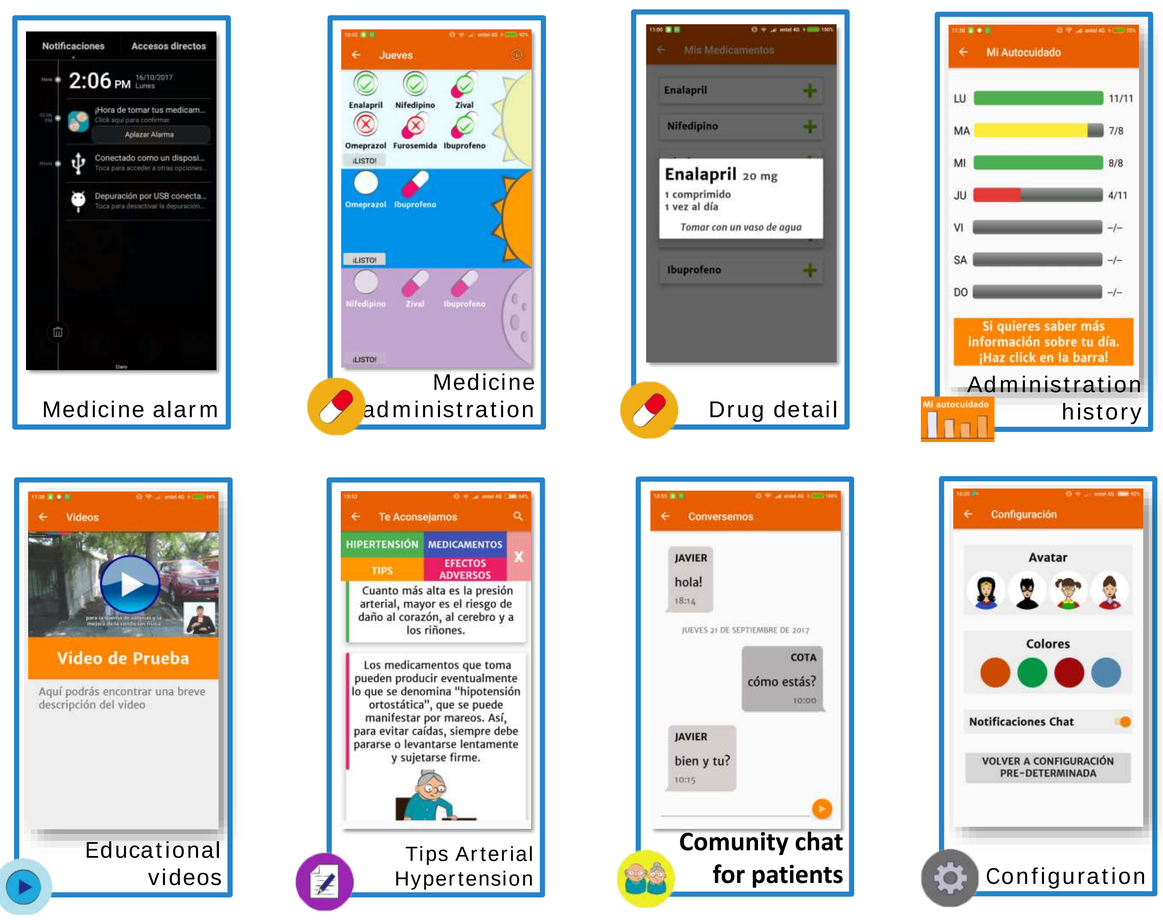


Table 1: Percentage of adherence according to Morisky-Green test

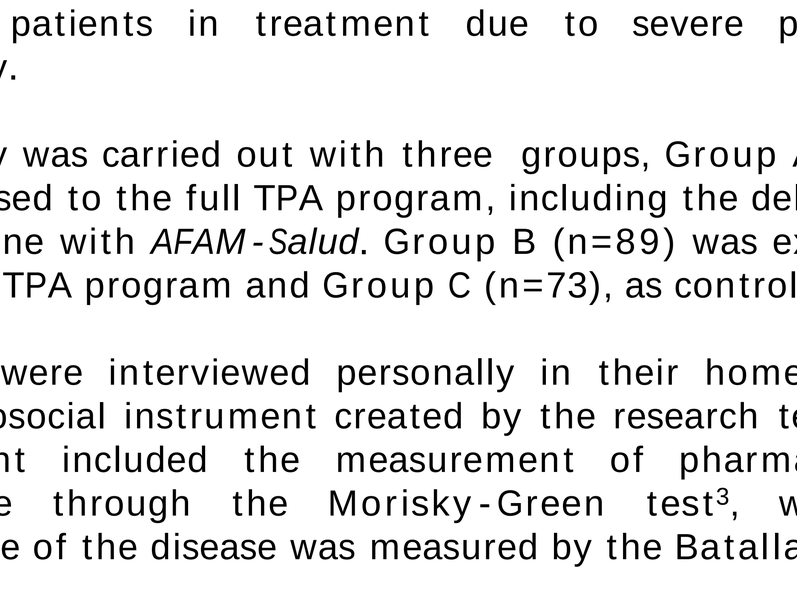
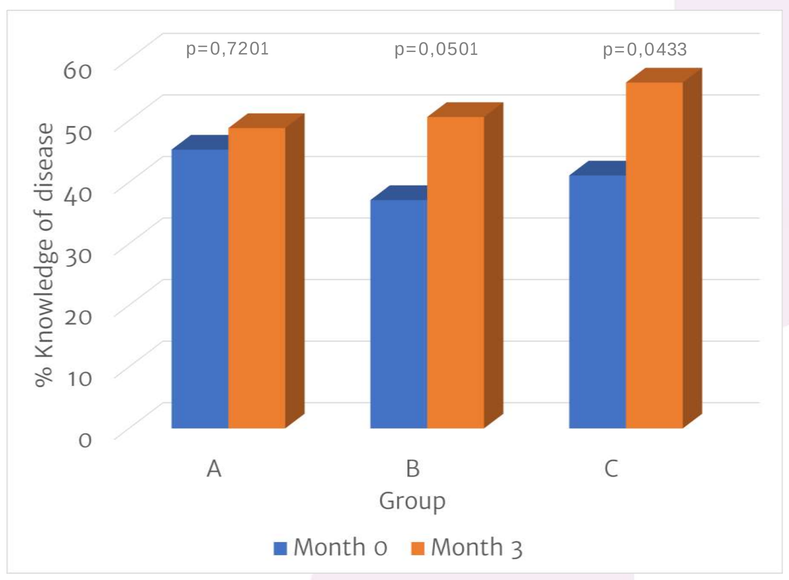


Table 2: Percentage of patients with knowledge of the disease according to the Batalla test



CONCLUSIONS

In conclusion, elderly people, treated for CAH in primary care, who employed the full TPA program in addition to traditional Health System programs, improved their adherence to pharmacological treatment, compared with those who received only the traditional treatment program.

ACKNOWLEDGMENTS

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