

## ABSTRACT

### THE ASSOCIATION BETWEEN ADHERENCE AND BLOOD PRESSURE STATUS OF CARDIOVASCULAR DISEASE PATIENTS AT HOSPITAL W

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Cardiovascular diseases (CVD) are the leading causes of global mortality. Patient adherence to medication and healthy lifestyle plays a crucial role in blood pressure control and overall CVD management. Therefore, assessing the association between patient adherence levels and blood pressure status is essential in the prevention and treatment of these diseases. This study was purposed to evaluate the association between patient adherence levels and the status of blood pressure at Wiyung Sejahtera Hospital, Surabaya. This was an observational study collecting data prospectively from 73 respondents during January to March 2024. Descriptive analysis was conducted using frequency distribution tables while the association between adherence and blood pressure status was analyzed using morisky green levine. The findings revealed that the majority of patients had moderate adherence levels (54.79%) and most of patients had controlled blood pressure (61.64%). However, a portion of patients showed low adherence (6.85%) and uncontrolled blood pressure (38.36%). Analysis using fisher exact test indicated a significant relationship between patient adherence levels and blood pressure status ( $p = 0.012$ ). These findings underscore the importance of evaluating and managing patient adherence in the management of cardiovascular diseases. Targeted intervention measures, including patient education and appropriate therapeutic planning, can help improve blood pressure control and patient clinical outcomes.

**Keywords :** Cardiovascular diseases (CVD), Hypertension, Patient adherence, Blood pressure control, Morisky green levine.