

## **ABSTRACT**

### **THE ASSOCIATION OF ADHERENCE AND BLOOD PRESSURE STATUS IN PATIENTS WITH CARDIOVASCULAR DISEASE AT KLINIK X SURABAYA.**

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Cardiovascular disease is a group of disorders of the heart and blood vessels, for example coronary heart disease, cerebrovascular disease, peripheral artery disease and rheumatic heart disease. Patient compliance in using medication influences the success of treatment therapy. The aim of this study was to determine the relationship between medication adherence and blood pressure status in cardiovascular disease patients. This research is a cross-sectional study that recruited patients who visited Klinik X from January to March 2024. A total of 70 respondents were recruited in this study. Treatment adherence was measured using the MGLS questionnaire and blood pressure measurements were carried out in three repetitions using the Omron HEM 8712. The results showed that the majority of respondents were male (55,8%), aged 56-65 years (30,0%), did not smoke (70,0%), had taken medication for >1 year-5 years (47,1%) and doing sports exercise <30x30 minutes a week (65,7%). At the compliance level, the majority of respondents showed high compliance, namely (82,8%). Blood pressure data for most respondents is uncontrolled, namely (57,1%). The statistical test obtained a p-value of 0.498 which shows that there is no relationship between adherence to taking medication and blood pressure status in cardiovascular patients. Increased education is recommended because of the importance of increasing support to patients to increase the level of treatment compliance.

**Keywords:** Blood pressure, Cardiovascular, Medication adherence