AFFECT OF HOME CARE ON CONTROLLING THE EFFECTIVENESS OF THERAPY AND THE LEVEL ADHERENCE OF HYPERTENSIONPATIENTS IN GONDOMANAN AND DANUREJAN 1 PRIMARY HEALTH CENTER OF YOGYAKARTA

ABSTRACT

Hypertension or high blood pressure is a condition when a person increase the blood pressure ≥140 mmHg for systolic and ≥90 mmHg for diastolic. Increased of hypertension was influenced by some factors, one of the factor is compliance by the patient in the treatment of hypertension. The purpose of this research was to determined between home care services to controling the blood pressure and the level of adherence to patients. The method is prospective quasi-experimental by filling the MMAS *(Modified Morisky Adherence Scale)* questionnaires as a measure of patient compliance with therapy and the effectiveness of therapy is measured by blood pressure measurements. This study involved 48 patients who were divided into 2 groups, the *home care* group (N = 24) and the non-*home care* group (N = 24). *Home care* services could increased on controlling blood pressure for 75% and increased the level of adherence for 70,83%. The analysis is measured by *Chi Square* test that showed the effectiveness of therapy with a value of p = 0.009 (p <0.1) and the significance of the level of compliance with the value of p = 0.042 (p <0.1). This shows that there is a relationship between *home care* services to control blood pressure and adherence of hypertension treatment in Gondomanan health centers and Danurejan 1 health centers in Yogyakarta.

Keywords: hypertension, the effectiveness of therapy, treatment, home care, MMAS method