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Compliance in patients with cardiovascular risks: Family doctor's opinion

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Background: Approximately 80% of cardiac deaths can be prevented by effective risk factor control, while the compliance with drug treatment is 50%, whereas lifestyle change is only 10%.

Aim: To evaluate the opinion of family doctors regarding the compliance of patients with cardiovascular risk factors.

Methods: A transversal study on a sample of family doctors was done.

Results: The research group consisted of 207 family physicians, the mean age was 51.2 ± 0.93 (iv 27-72) years, the F:M ratio-6:1, in the urban area-134 (64.7%), rural-67 (32.4%) and 6 (2.9%) in the suburban. The professional experience was 25.8 ± 1.05 (range 1.0-55.0) years, with an average of 161 ± 17 (range 100-200) patients examined weekly, included $22.8 \pm 0.68\%$ patients with hypertension (10.0-50.0%) and 15.3 ± 1.2 (10.0-20.0%) with lipid profile abnormalities. Low compliance to recommendations was appreciated by 118 (57.0%) physicians, caused by large number of drugs-62 (30.0%), by the ability to open bottles, pills, difficulty of swallowing-52 (25.1%) respondents. Once-a-day administration would be the most effective way to ensure better patient compliance, affirmed by 108 (52.2%) physicians the reduction in the number of recommended by 54 (26.0%) respondents, combined medication-106 (50.6%) physicians. The use of memory stickers and pill boxes are safe solutions in the opinion of 83 (40.1%) doctors.

Conclusion: In family doctor's opinion, low income of patients is the main cause of non-compliance-49.0%, followed by the large number of drugs-30.0% respondents.

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