AP005

Paediatric Cardiology & Congenital Heart Disease • Poster Presentation

ASSOCIATION BETWEEN LIFESTYLE COUNSELLING AND ADHERENCE TO NON-PHARMACOLOGICAL RECOMMENDATIONS AMONG HYPERTENSIVE PATIENTS AT IBADAN, SOUTH WESTERN, NIGERIA

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Background Lifestyle counselling is a key component of hypertension management, but its effectiveness in promoting adherence to non-pharmacological recommendations in sub-Saharan Africa remains uncertain. This study evaluated the association between lifestyle counselling, counselling providers, and adherence to recommended lifestyle practices among hypertensive patients attending two tertiary hypertension clinics in Nigeria.

Methodology We performed a secondary cross-sectional analysis of 225 hypertensive patients attending two tertiary hypertension clinics in Ibadan, Nigeria. Overall lifestyle adherence was classified as good or moderate/poor. Associations between lifestyle counselling, counselling providers, counselling topics, and adherence were examined using chi-square tests and multivariable logistic regression adjusting for age, sex, education, income, hypertension duration, and stress. P value was set at <0.05.

Results Among 225 participants (mean age 65.2±11.1 years; 73.5% women), 177 (78.7%) demonstrated good lifestyle adherence, while 96.9% reported receiving lifestyle counselling. Overall counselling was not independently associated with good adherence after adjustment (AOR 0.95, 95% CI 0.08–10.70; p=0.966). Counselling by doctors, nurses, and dietitians was similarly not independently associated with adherence, although doctor-led counselling showed a positive trend (AOR 2.19, 95% CI 0.93–5.11; p=0.071). Monthly income >?100,000 remained the only independent predictor of good adherence (AOR 8.01, 95% CI 2.04–31.39; p=0.003). Exercise counselling demonstrated the strongest domain-specific association with adequate physical activity.

Conclusion High counselling coverage limited discrimination of counselling effects, while socioeconomic status remained the strongest predictor of lifestyle adherence.

Keywords: Hypertension, Life Style, Patient Compliance, Health Education, Health Behaviour, Nigeria