



Adherencia a tratamientos en pacientes con factores de riesgo cardiovascular [

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text (article)

Analítica

Objective: Describe the factors that influence adherence to treatments in patients with cardiovascular disease risk factors of a third level hospital in the city of Cartagena, Colombia. **Methodology:** Descriptive-methodological study carried out with 293 patients inscribed in the hypertension and diabetes programs. The instrument designed by Bonilla and De Reales was applied to evaluate the factors that influence adherence to treatments, on which validation tests were performed that yielded a good level of reliability given by a Cronbach alpha of 0,79 for the total qualification of the instrument and a correlation coefficient test-retest (Sperman), statistically significant. **Results:** Globally, 88% of the patients were found in the category with no risk to adhere to treatments, a 12% was a moderate risk. **Conclusions:** factors that favored adherence were availability of financial resources to satisfy basic needs, family support networks and an organized health system and team. Non-adherence moderate risk was related with the interventions of the health team, among them, lack of guidance on the way to adjust schedules to medicines, lack of written recommendations on the treatment, confusion due to change of doctors, and perception on the seriousness of the disease. These findings support the need to implement formation and research processes at institutional and academic level that prepare professionals who are able to address the problem of non-adherence in chronic disease

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