

# **The Uses and Expenses of Antihypertensive Medications among Hypertensive Adults**

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**Abstract:** Hypertension is a progressive cardiovascular disease that contributes to mortality and morbidity; it has a high prevalence in Palestine. However, it is combined with low control percentage among patients for many reasons; one of the most important reasons is non-adherence specially because of medication expenses and costs. This study aims to evaluate the antihypertensive medications used among patients and the cost of different medications and combinations. A survey-based study was conducted for a period of three months from October 2020 to December 2020. The target population was adult hypertensive patients who live in west bank, they were invited to participate in this study by distributing the data collection form using social media. During the study period, a total of 154 hypertensive patients responded and filled the questionnaire. Ninety five (61.7%) patients were females and 59 (38.3%) were males, 113 (73.4%) were married, 67 (43.5%) had a work and 129 (83.8%) had a health insurance. Based on the collected data about patient's adherence to their antihypertensive medications (30.6%) had good adherence, (36.3%) had moderate adherence while (33.2%) had poor adherence. It was found that concor was the most commonly used drug, there were 37 patients using concor, 19 using Amicor, 15 using Anapril and about 8 patients used Atacand, Exforge and Co-Diovan . And it was found that there were 41 patients using a combination of more than one drug. According to data collected, it was possible to analyze the cost for 124 cases, those patients were prescribed medications with a total cost of about 5900 NIS monthly with an average of 48 NIS per patient. The highest cost of patient medications was found to be 178 NIS and the least was 13 NIS. Exforge ® was found to be the most expensive antihypertensive medication. Patients' medication adherence was not perfect, efforts to improve adherence to medications are needed. The cost of medications used among patients was accepted based on average income in our country. However, this cost may be an obstacle to some patients.