



Applicant Information

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Abstract Details

Title:

Utilization of Complementary and Alternative Medicine for the Management of Hypertension among Patients: A Health Facility-Based Cross-sectional Study in the Kpando Municipality, Ghana

Category:

Non-communicable diseases including mental health

Authors:

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Objectives:

Effective hypertension management and alternative treatments are vital to prevent cardiovascular diseases like stroke and heart failure. However, allopathic practices in Ghana often compete with traditional and faith-based healing, hindering adherence to antihypertensive medications. We examined the utilization of complementary and alternative treatments for the management of hypertension and the preferred by hypertensive adults.

Method:

This was a health facility-based quantitative cross-sectional study which recruited 384 hypertensive patients (18+ years) at Margaret Marquart Catholic Hospital, Kpando using a questionnaire. Data collected were analysed using frequency, percentage, chi-square, and logistic regression with STATA. Statistical significance was considered at  $p < 0.05$ .

Results:

Nearly half (47.1%) of the patients used complementary and alternative treatments for hypertension management. The odds of using CAM were 45% lower among those with SHS/O/A level of education ( $aOR = 0.55$ , 95%  $CI = 0.29-1.06$ ,  $p < 0.01$ ) than those with no formal education. Participants who were informed about CAM were less likely ( $aOR = 0.24$ , 95%  $CI = 0.09-0.59$ ,  $p < 0.001$ ) to use it, while those who disclosed CAM use ( $aOR = 2.62$ , 95%  $CI = 1.38-4.98$ ,  $p < 0.001$ ) were much more likely to use it.

Conclusion:

CAM use was high and influenced by education level, CAM awareness, disclosure to health professionals, and perceived safety. Healthcare providers should recognize CAM's prevalence, and incorporate discussions into routine care to improve hypertension management adherence. Additionally, educating patients on safely integrating CAM with conventional treatments is crucial for effective hypertension control.

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