



Applicant Information

Applicant Name	Applicant Email	Affiliation	Country
Ms Rukaya Kamaldeen Dongu	rukayakamaldeen27@gmail.com	University of Health and Allied Sciences, Ho Ghana	Ghana

Abstract Details

Title:

Determinates of factors influencing complementary and alternative management of hypertension among hypertensive patients in the Kpando Municipality, Volta Region Ghana

Category:

Non-communicable diseases including mental health

Authors:

Rukaya Kamaldeen Dongu¹, Asiedu Saadia¹, Gmayinaam Vincent¹ Phidelia Theresa Doegah³, Hubert Amu²

Objectives:

The practices of allopathy in hypertension management in Ghana have often been framed to compete with alternative practices such as traditional or indigenous and faith-based healing. This study therefore aims to determine factors influencing complementary and alternative management of hypertension among hypertensive patients.

Method:

A quantitative cross-sectional design was employed and 384 hypertensive adults aged 18+ years were sampled at a faith-based health facility in Kpando, Volta Region. Structured questionnaires were administered to collect demographic characteristics, medication and alternative treatment use. Descriptive and inferential analyses were performed with statistical significance at a 0.05 significance level.

Results:

Approximately 43.8% of the patients were aged 60-79 years and mostly female. Nearly half, (47.1%) of the respondents used complementary treatment for managing hypertension. The odds of using complementary and alternative management are approximately 45 percent lower among people with SHS level of education (aOR=0.55 95%CI=0.29-1.06) compared to those with no formal education. Respondents who were informed about complementary and alternative management were 66 percent (aOR= 0.24 95%CI=0.09-0.59) more likely to use it compared to those who were uninformed. Participants who thought CAM usage was safe were (aOR= 29.95 95%CI=15.97-56.17) much more likely to use it compared to those who did not.

Conclusion:

The use of Complementary and Alternative Medicine was high, influenced by factors such as educational level, awareness, disclosure to health professionals, and perceived safety. Healthcare providers should recognize this trend and include CAM discussions in routine care to improve hypertension management and the prevention of cardiovascular complications.

Submission Date:

2024-09-23 15:18:42