

66. **ASSESSMENT OF TRADITIONAL HERBAL REMEDIES USE AND MEDICAL TREATMENT AMONG HYPERTENSIVE PATIENTS ATTENDING PRIMARY HEALTH CARE CENTERS IN KHARTOUM STATE, SUDAN 2022-2023**

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BACKGROUND: Hypertension is the leading risk factor for cardiovascular disease mortality worldwide. It affects approximately 74.7 million people in Sub-Saharan Africa, and this figure is expected to increase to 125.5 million by 2025. Although antihypertensive drugs have been used to decrease blood pressure; traditional herbal remedies have been utilized within local or regional practices, in up to 80% of African populations. The current study was carried out to assess adherence to medications and perception of Hypertensive patients regarding use of herbal treatment. **METHODS:** This was a descriptive cross-sectional facility centers-based study at 3 PHC centers. A total of 100 hypertensive patients were enrolled using multi-stage sampling. The data was collected by modified open and closed ended interview questionnaires. Modified Morisky score system was used to assess adherence to medical treatment. **RESULTS:** The study population was 100 participants of which (57%) were females. Most of the participants (77%) were in the age group of 51 and above, (49%) had secondary and higher levels of education, (66%) were using Single type of drug and (77%) were in regular clinical checkup, (90%) were taking their medications as prescribed by their physicians, (58%) were diagnosed before ten years or more, (43%) had Diabetes as co-morbid. Fifty one percent of the participants had low adherence to medication. Forty nine percent of participants used herbal remedies with 67.3% of them had low adherence to their medications; Hibiscus was the most used herb (31%). There was significant association between lack of adherence and the medication unavailability ($p = .009$). There was significant association between lack of adherence and taking more than one medication ($p = 0.001$); and between lack of adherence and lack of confidence in medical treatment ($p = 0.012$). **CONCLUSION:** A significant proportion of hypertensive patients are using herbal remedies which is negatively affects their adherence to the prescribed medications.

Key words: Traditional Herbal Remedies; Hypertension; Primary Health Care Centers; Medical Treatment; IJMS (Source: MeSH-NLM).