



Patients who trust the medical profession are more likely to take their high blood pressure medicine

American Heart Association Meeting Report APS.02, Poster Session II, Presentation 252

Study Highlight

- Patients who had higher levels of trust took their blood pressure medicine more often than those who had lower levels of trust

Embargoed for 12:30 p.m. ET, Monday, April 3, 2017

ARLINGTON, Virginia, April 3, 2017 — Patients with [high blood pressure](#) who had more trust in the medical profession were more likely to take their high blood pressure medicine than those with less trust, according to a new study presented at the American Heart Association’s Quality of Care and Outcomes Research Scientific Sessions 2017.

Researchers at the University of California at Los Angeles found that patients who had higher levels of trust took their blood pressure medicine 93 percent of the time versus 82 percent of the time for those who had lower levels of trust. In addition, the study showed that having trust in the medical profession was linked to greater resilience (ability to adapt to difficult life circumstances) and better health-related quality of life.

The findings were based on 101 Hispanics and 100 non-Hispanics being treated for high blood pressure. Also noteworthy is that blood pressure control was similar between the two groups; 68 percent of Hispanics and 72 percent of non-Hispanics had their hypertension under control. In addition, the study found trust had an equally protective effect on the health of both groups regardless of race or ethnic origin. These findings point to the importance that trust in healthcare institutions, specifically, trust in the medical profession has in promoting patient well-being.

“Because adherence to blood pressure lowering medication is a challenge for many people, identifying and understanding how to overcome obstacles that prevent patients from following

-more-

-more-

prescribed treatments may help lower their risk for the serious health consequences of poorly controlled hypertension including stroke and heart attack, and, in turn, may lead to improved health outcomes,” said lead study author Lilia Meltzer, Ph.D., and a nurse practitioner at UCLA in Los Angeles, California.

Low adherence to recommended treatments “has long been a main reason for poor hypertension control in the United States regardless of race or ethnic origin,” Meltzer said. “Thirty-four percent of adults 20 years or older have high blood pressure and 90 percent of those with uncontrolled hypertension have a medical provider and health insurance.”

Additional Resources:

- Any available multimedia related to this news release are on the right column of this link
- Follow news from the American Heart Association’s Quality of Care and Outcomes Research 2017 via Twitter: [@HeartNews](#) #QCOR17

###

Statements and conclusions of study authors that are presented at American Stroke Association scientific meetings are solely those of the study authors and do not necessarily reflect association policy or position. The association makes no representation or warranty as to their accuracy or reliability. The association receives funding primarily from individuals; foundations and corporations (including pharmaceutical, device manufacturers and other companies) also make donations and fund specific association programs and events. The association has strict policies to prevent these relationships from influencing the science content. Revenues from pharmaceutical and device corporations and health insurance providers are available at www.heart.org/corporatefunding.

Contact Informataion: Lilia Meltzer, N.P., Ph.D, can be reached at (949) 280-0603; lmeltzer@ucla.edu. (Please do not publish contact information.)

For media inquiries about this news release and AHA spokesperson perspective:

Darcy Spitz: (212) 878-5940; darcy.spitz@heart.org

Carrie Thacker: (214) 706-1665; carrie.thacker@heart.org

Julie Del Barto (national broadcast): (214) 706-1330; julie.delbarto@heart.org

For public inquiries:

(800)-AHA-USA1 (242-8721)

heart.org and strokeassociation.org

Life is why, science is how . . . we help people live longer, healthier lives.