Correlation Between Resilience and Medication Adherence in patients with coronary heart disease
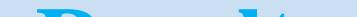
Mei-Hua Wu[1], Mao-Jen Lin[1], Shiah-Lian Chen[3], Hsing-Chiu Ho[1], Yu-Ru Li[1], I-Chen Liao[2]
1.Taichung Tzuchi Hospital, The Buddhist Tzuchi Medical Foundation
2.Hungkuang University, Taiwan
3.National Taichung University of Science and Technology.

Abstract Background

Coronary arterial disease (CAD) is a highly prevalent disease and cardiovascular medications are the key to slowing down the disease progression. Several studies have revealed poor medication adherence among patients with coronary heart disease. This study aims to investigate the association between resilience and medication among patients with coronary heart disease.

Methods

This is a cross-sectional study, and all participants were joining this study voluntarily. A total of 98 patients who were diagnosed with CAD for more than 6 months participated in this study. A structured questionnaire was used to collect demographic information including sex, age, level of resilience, types of drugs, and compliance with medication.

Results

This study reveals several findings as follows: (1) There is a significant difference with medication compliance including marriage ($p=.006$) and economic income ($p=.021$); (2) A significant difference was noticed in treatment and medication compliance among patients who has been received cardiac catheters ($p=.001$); (3) Resilience is not significantly related to medication adherence ($p=.125$).

Conclusion

Improving medication adherence in coronary heart disease patients is crucial. Enhancing medication adherence is a key point to restoring resilience among CAD patients. The resilience is associated with medication compliance without intermediary effect among those CAD patients. Early detection and assessment of CAD risk factors can be useful in preventing the prognosis of this disease. It is crucial to provide different healthcare dependent on the levels of resilience.