



**AP005**

**Paediatric Cardiology & Congenital Heart Disease** • Poster Presentation

## **ASSOCIATION BETWEEN LIFESTYLE COUNSELLING AND ADHERENCE TO NON-PHARMACOLOGICAL RECOMMENDATIONS AMONG HYPERTENSIVE PATIENTS AT IBADAN, SOUTH WESTERN, NIGERIA**

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**Stand:** POSTER #AP005 | **Venue:** Poster Exhibition Hall & Gallery - Eko Convention Centre | **Online Ref:** <https://nigeriancardiacsociety.com/abstracts/AP005>

**Background** Lifestyle counselling is a key component of hypertension management, but its effectiveness in promoting adherence to non-pharmacological recommendations in sub-Saharan Africa remains uncertain. This study evaluated the association between lifestyle counselling, counselling providers, and adherence to recommended lifestyle practices among hypertensive patients attending two tertiary hypertension clinics in Nigeria.

**Methodology** We performed a secondary cross-sectional analysis of 225 hypertensive patients attending two tertiary hypertension clinics in Ibadan, Nigeria. Overall lifestyle adherence was classified as good or moderate/poor. Associations between lifestyle counselling, counselling providers, counselling topics, and adherence were examined using chi-square tests and multivariable logistic regression adjusting for age, sex, education, income, hypertension duration, and stress. P value was set at <0.05.

**Results** Among 225 participants (mean age 65.2±11.1 years; 73.5% women), 177 (78.7%) demonstrated good lifestyle adherence, while 96.9% reported receiving lifestyle counselling. Overall counselling was not independently associated with good adherence after adjustment (AOR 0.95, 95% CI 0.08–10.70; p=0.966). Counselling by doctors, nurses, and dietitians was similarly not independently associated with adherence, although doctor-led counselling showed a positive trend (AOR 2.19, 95% CI 0.93–5.11; p=0.071). Monthly income >₦100,000 remained the only independent predictor of good adherence (AOR 8.01, 95% CI 2.04–31.39; p=0.003). Exercise counselling demonstrated the strongest domain-specific association with adequate physical activity.

**Conclusion** High counselling coverage limited discrimination of counselling effects, while socioeconomic status remained the strongest predictor of lifestyle adherence.

**Keywords:** Hypertension, Life Style, Patient Compliance, Health Education, Health Behaviour, Nigeria