



# COST OF HYPERTENSION MANAGEMENT AMONG PEOPLE LIVING WITH HYPERTENSION IN SELECTED PUBLIC HOSPITALS IN ILORIN, NIGERIA

EE3

Felicia E. Williams<sup>1</sup> Remilekun B. Ojurongbe<sup>2</sup>

<sup>1</sup>Clinical and Public Health Pharmacist/Lecturer, Department of Clinical Pharmacy and Pharmacy Practice, University of Ilorin, Ilorin, Nigeria, Ilorin, Nigeria, Ilorin, Nigeria,

<sup>2</sup>Department of Clinical Pharmacy and Pharmacy Practice, University of Ilorin, Ilorin, Nigeria, Ilorin, Nigeria (PharmD in view)

## BACKGROUND

- Hypertension remains a major contributor to cardiovascular morbidity and mortality.
- Cost of hypertension management (HM) constitutes substantial financial strain on individuals and households.
- Dearth of information on cost of HM among people living with hypertension (PLHT) in Ilorin.

## OBJECTIVES

This study assessed the cost of HM among PLHT at selected hospitals in Ilorin, Nigeria.

## METHODS

### STUDY DESIGN

- A multi-centre cross-sectional study
- Duration: 8 months (April to November 2025)

### DATA COLLECTION

- Sample size: 166 eligible PLHT
- Sampling Technique: Systematic random sampling
- Research instrument: Pretested structured questionnaire adapted from previous study
- Ethical consideration:
  - Ethical approval: (ERC/MOH/2025/07/460)
  - PLHT consent to participate in study

### DATA ANALYSIS

- Descriptive & inferential (Chi-Square & Kruskal-Wallis Test) statistics
- Statistical significance:  $p < 0.05$

## RESULTS

Table 1: Socio-demographic characteristics of SPs (n=166)

VARIABLE	Frequency (%)
<b>Gender</b>	
Male	52 (31.3)
female	114 (68.7)
<b>Age Group (years)</b>	
<20	0 (0.0)
20-40	12 (7.2)
41-60	71 (42.8)
61-80	75 (45.2)
=81	8 (4.8)
Median (Interquartile Range)	60.5 (70 - 50)
<b>Ethnicity</b>	
Hausa	1 (0.6)
Igbo	14 (8.4)
Yoruba	150 (90.4)
Others	1 (0.6)

Table 2: Further socio-demographic characteristics of SPs (n=166)

VARIABLE	Frequency (%)
<b>Marital Status</b>	
Single	4 (2.4)
Married	139 (83.7)
Divorced	2 (1.2)
Separated	1 (0.6)
Widowed	20 (12.0)
<b>Health Insurance programmes</b>	
National Health Insurance Scheme	18 (10.8)
Private Health Insurance Scheme	4 (2.4)
Kwaracare	17 (10.2)
None	127 (76.5)

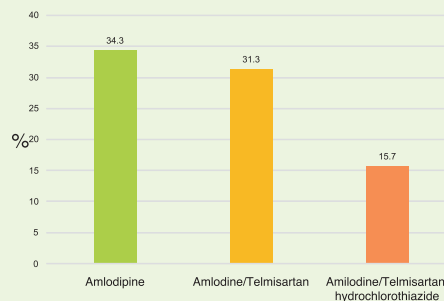
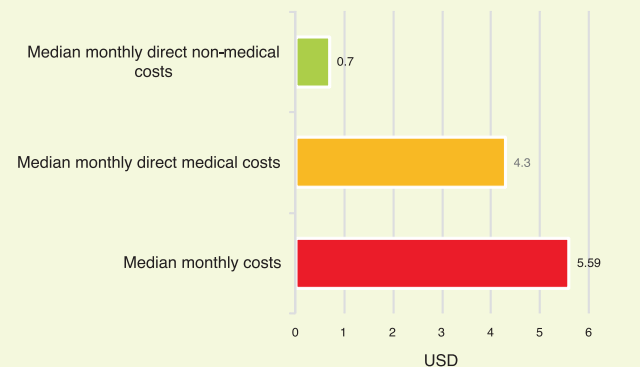


Figure 1. Study participants that received amlodipine and amlodipine combination therapies



USD 1 = NGN 1428.57

Figure 2. Monthly median costs per study participant

Significant differences were observed between median DM cost ( $p < 0.001$ ) and DN cost ( $p = 0.023$ ) across the three health facilities.

## CONCLUSIONS

- Enrollment of PLHT in HISs was low.
- Direct medical cost had highest component of the total cost of illness.

## RECOMMENDATIONS

- PLHT should be enrolled in HISs.
- This will greatly reduce the cost of HM among PLHT.

## REFERENCES

- Mills, K. T., Stefanescu, A., & He, J. (2020). The global epidemiology of hypertension. *Nature reviews. Nephrology*, 16(4), 223–237.
- Gnugesser, E., Chwila, C., Brenner, S., Deckert, A., Dambach, P., Steinert, J. I., Bärnighausen, T., Horstick, O., Antia, K., & Louis, V. R. (2022). The economic burden of treating uncomplicated hypertension in Sub-Saharan Africa: a systematic literature review. *BMC public health*, 22(1), 1507.
- Sorato, M. M., Davari, M., Kebriaeezadeh, A., Sarrafzadegan, N., & Shibru, T. (2022). Societal economic burden of hypertension at selected hospitals in southern Ethiopia: a patient-level analysis. *BMJ Open*, 12(4), e056627.

## ACKNOWLEDGEMENTS

- The authors appreciate the management & staff of the study sites
- The Patients who participated in this study are highly valued

## CONTACT

Dr. F. E. Williams,  
 Department of Clinical Pharmacy and Pharmacy Practice,  
 Faculty of Pharmaceutical Sciences, University of Ilorin, Nigeria.  
 Email: [williams.fe@unilorin.edu.ng](mailto:williams.fe@unilorin.edu.ng),  
 Tel: +2348033354532