Patients' thoughts and feelings about taking medicines for hypertension

Tool **H12**

This information is taken from a qualitative study on patients' views of antihypertensive drugs.[1]

Reservations about drugs generally

- Drugs are best avoided.
- Drugs are unnatural or unsafe.
- Drugs are perceived adversely because of previous experience.
- Drugs are signifiers of ill health.
- Patient brought up to avoid drugs.
- Doctors prescribe drugs too readily.

Reservations about antihypertensive drugs

- Desire to discontinue using antihypertensives.
- Preference for an alternative to drugs.
- Patients questioned continued necessity.
- Possible long-term or hidden risk.

Patients' reasons for taking antihypertensive drugs

- Advice from doctors.
- Trust in doctors.
- Improvement in blood pressure readings.

Perceived benefits of medication

- Achieving a good outcome.
- Feeling better.
- Gaining peace of mind.

Pragmatic considerations

- Absence of a practical alternative to drugs.
- Absence of symptoms to guide medicine use.
- Drugs use overshadowed by some other consideration.

Reference

1 Benson J, Britten N. 2002. Patients' decisions about whether or not to take antihypertensive drugs: qualitative study. *British Medical Journal*; 323: 873.