

Abstract

Development and Validation of a Printed Educational Material to Promote Medication Adherence Among Elderly with Hypertension: A Methodological Study [†]

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Introduction: Systemic arterial hypertension (SAH) is a prevalent chronic condition among the elderly, requiring continuous pharmacological treatment and self-care. However, adherence to medication remains a challenge. This study aimed to develop and validate printed educational material (PEM) to promote medication adherence in elderly individuals with SAH. **Methodology:** This methodological study with a quantitative, descriptive approach was conducted from November 2022 to December 2023. The PEM was developed based on a literature review and validated in two stages: content validation by 23 health professionals selected using Fehring’s criteria and appearance validation by 24 elderly participants from the UniSER program at the University of Brasília. The Content Validity Index (CVI) was calculated, with items considered valid if $CVI \geq 0.80$. **Results:** The 28-page booklet was structured with accessible language, illustrations, and interactive elements, addressing topics such as SAH symptoms, medication use, side effects, lifestyle changes, and myths. The CVI was 0.96 in both the expert and target audience evaluations. The experts were predominantly female (78.3%), with 43.5% holding a master’s degree and 39.1% having published on the topic. Elderly participants, mostly women aged 60–65, rated the material as “very adequate” using the SAM instrument. Suggestions such as increasing font size, adding examples, and improving illustrations were incorporated. **Conclusions:** The PEM was validated as a scientifically robust and culturally sensitive educational tool that supports health education, enhances patient autonomy, and promotes adherence to antihypertensive therapy among elderly individuals.



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Informed Consent Statement: Informed consent was obtained from all subjects involved in the study.

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