

**Learning Activity:**

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learners should be able to demonstrate knowledge on the influence of patients' beliefs about hypertension, beliefs about medication, and self-efficacy on medication adherence (globally, Oman).	<ul style="list-style-type: none"><li>• Scientific evidence on the influence of patients beliefs about HTN severity, medication necessity, medication concerns, and self-efficacy regarding medication adherence among patients with HTN and chronic conditions, globally and in the Middle East.</li><li>• The relationship between beliefs and health behavior (e.g., medication adherence) as supported by the Health Beliefs Model. Study findings related to description of Omanis adherence to antihypertensive medication and their beliefs regarding HTN severity, the necessity of medications, concerns related to medications, and medication adherence self-efficacy.</li><li>• Findings related to the relationship between beliefs of Omanis and medication adherence, and, between medication adherence and BP control.</li></ul>
The learners should be able to integrate assessment of patients' beliefs about hypertension, about medication, and self-efficacy in clinical practice to effectively improve adherence to antihypertensive medication adherence.	<ul style="list-style-type: none"><li>• Discussion of findings in relation to other scientific literature, considering culture as factor for holding different beliefs related to hypertension and medication, which could influence adherence differently; especially, hypertension is a silent killer. These findings from literature and our study indicate the importance of beliefs assessment in relation to improving medication adherence.</li></ul>
The learners should be able to consider employing patients' beliefs to design personalized plan of care and strategies that are sensitive to culture, match patients' needs, and effectively enhance medication adherence.	<ul style="list-style-type: none"><li>• Highlighting the importance of assessing and incorporating patients' beliefs to enhance adherence to medications in clinical practice. Provide evidence that showed improvement in medication adherence when personalized patients beliefs were incorporated as important component in interventions targeting medication adherence.</li></ul>