Hypertension is a global health issue among the adult population with high morbidity and mortality rates. As the case detection rates of hypertension increase in adult Nigerians, achieving target blood pressure (BP) control has become an important management challenge. Poor adherence to medication is associated with difficulty in achieving target BP control. Therefore, the aim of this study is to determine the role of patient education in medication adherence among hypertensives in tertiary hospitals in Ekiti State.

Quasi-experimental study was performed on 580 adult patients (290 in intervention group and 290 in control group) with primary hypertension who had been on treatment for at least 6 months. Relevant data were collected using interviewer administered semi-structured questionnaire. Intervention were run based on Hypertension Fact Questionnaire (HFQ) content been used as a patient education guide only for intervention group. The educational session was at every clinic visit.

The difference in the mean knowledge score in the intervention group increased to a statistically significant level ($p < 0.05$), from $9.5 \pm 2.8$ to $10.9 \pm 3.0$. An increase of $8.7 \pm 0.2$ ($p < 0.001$) in mean adherence score was found in the intervention group while a marginal difference of $0.2 \pm 0.5$ ($p = 0.059$) was found in the control group after the intervention. The knowledge level, adherence status and blood pressure control were statistically significantly different between the two groups ($p < 0.05$). Knowledge level and adherence to medication had significant association among the intervention group ($p < 0.05$).

Good knowledge about hypertension is linked to better medication adherence and ultimately improved BP control. Physicians will do well to educate hypertensive patients on hypertension and its treatment with a view to improving medication adherence in them.