Work plan and methodology-

A. Literature review

B. Study Setting

The study will be conducted at Outpatient department of Medicine and Cardiology, Government general Hospital Gulbarga; it is in Karnataka State in North Karnataka south Indian city.

C. Selection of Sample

The sample selection shall be based Inclusion and Exclusion Criteria.

Inclusion Criteria:

- Patients diagnosed with hypertension with or without co-morbidities present (diabetics asthma hyperlipidemia).
- Patients of either sex, 18 – 70 years age.
- Willingness to participate.
- Participants were able to read, write, and converse in English
- Participants had an active prescription for at least one antihypertensive medication with no antihypertensive prescription changes for 30 days at the time of study entry.

Exclusion Criteria:

- Portal hypertensive patients, pre-eclampsia patients
- Participant was in state of severe hypertension (BP of >180/120 mmHg) at the time of study enrollment. Participants presenting with severely elevated blood pressure were referred to their primary care provider.
- Participant resided in a residential facility where medications were administered by facility staff. Participants who resided in assisted living facilities but maintained control of their medications remained eligible

D. Patient Counseling Method

Counseling method consist of Preintravention measurement and subsequent three follow-up at 3 month intervals. It includes knowledge attitude and practice (KAP) and
adherence about medications and quality of life will be assessed by using pretested questionnaires and documented. Participants were then randomly assigned to test group and control groups.

E. Data Analysis

Data will be analyzed by using Crosstabs and student T test using Excel and SPSS software.