

عنوان مقاله:

A Qualitative Study of Barriers, Facilitators, and Challenges of Providing High-Quality Hypertension Care in Health Centers in Iran: Perspectives of Healthcare Care Workers, Patients, and Health Center Managers

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خلاصه مقاله:

**Background:** Although the vital role of early diagnosing, and properly controlling hypertension has been emphasized for decades, a large number of hypertension patients still encounter barriers and challenges in accessing qualified cares. This study examined and identified barriers, facilitators, and challenges of providing high-quality care for patients with hypertension in health centers in Tabriz, Iran. **Methods:** A descriptive qualitative study was conducted based on purposive sampling. The participants in this study included health care workers at health centers, patients with hypertension, and health centers managers at official positions ( $n = 19$ ). Data was gathered through semi-structured interviews. Collected data was analyzed thematically. **Results:** The mean duration of the interviews was 40 minutes (range: 30 to 60 minutes). The barriers were categorized into areas (sub-themes) of patient-related and health-center barriers. Facilitators included patient-related factors, external and environmental activities of health centers, and activities of Iranian health system. Furthermore, the challenges were categorized into (sub-themes) patient-related, environmental, and health system challenges. **Conclusion:** There are major barriers and challenges in providing qualified and comprehensive services for patients with hypertension. Stakeholders should consider removing these barriers and challenges, and facilitators should be used to provide health services to hypertension patients.

کلمات کلیدی:

Hypertension, Primary Health Care, Health Centers, Hypertension care

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