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Research Article

ASSESS THE KNOWLEDGE REGARDING PREVENTION OF HYPERTENSION AMONG ADULTS AT TERTIARY CARE HOSPITAL, NELLORE

Subhashini N¹ Anjali Raj² and Arumugam Indira³

¹Sree Narayana Nursing College, Andhra Pradesh, INDIA

^{2,3}Narayana College of Nursing, Nellore Andhra Pradesh, INDIA

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ABSTRACT

Background: Hypertension is one of the most common disorder in the world, and become a significant problem in many developing countries. WHO states that high blood pressure is a silent killer that affects 600 million people worldwide. In India hypertension directly responsible for 57% of all stroke deaths and 24% of all coronary heart diseases. Moreover it affect to adults than children's. In recent years the prevention, detection and treatment of hypertension remains an important health challenge.

Objectives: To assess the level of knowledge regarding prevention of hypertension among adults. To find out association between the level of knowledge and socio demographic variables of adults.

Methodology: Cross Sectional descriptive design was used and study conducted in NMCH at Nellore. Andhra Pradesh state (India) and data was collected from 50 adults by using non probability convenience sampling technique for 4 weeks. Semi Structured questionnaire was used for collecting the data from samples.

Results and Discussion: The study findings revealed that, 26% had inadequate knowledge 64% had Average knowledge and remains 10% had adequate knowledge regarding preventive aspects of hypertension. There was an association between the education and level of knowledge with the chi square value of 26.91, and significant at $P < 0.05$.

Conclusion: The study concluded that adults are having moderately adequate knowledge regarding prevention of hypertension and exploring that there is an need to provide information through health education to general population.

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INTRODUCTION

The cardio vascular diseases are the number one killer of people and also the greatest cause of death in all over the world. The major cardiovascular diseases are hypertension, atherosclerosis and congestive heart failure. Hypertension is one of the most common among them and it is becoming a significant problem in many developing countries experiencing epidemiological transition from communicable to non communicable disease. Hypertension is preventable and controllable epidemic in world wide. The main preventive measures for hypertension including dietary changes such as salt reduction, lowering consumption of red meat, sweets, sugars, regular exercises, smoking cessation and alcohol restriction.

Maintaining a healthy weight: Being over without can make two to six time more likely, develop high blood pressure than if you are at your desirable without, even small

amounts of weight loss can make a big differences in helping to prevent and treat high blood pressure.

Getting regular exercise: People who are physically active have a lower risk of getting high blood pressure. 20% to 50% lower than people who are not active in exercise.

Reducing salt intake: The people who are reducing the consumption of salt can reduce the risk of hypertension. The daily intake of sodium is less than 2.5 gm/day.

Drinking alcohol: Drinking too much alcohol can raise the blood pressure. To help prevent high blood pressure, limit alcohol drink to no more than two drinks a day.

Reduce stress: Stress can make blood pressure go up and over time may contribute to the cause of high blood pressure. There are many steps to reduce the stress such as yoga, meditation etc.

Background of the study

WHO states that, in India the reported prevalence of Hypertension varied around the world with lowest prevalence

*Corresponding author: Subhashini N

Sree Narayana Nursing College, Andhra Pradesh, INDIA

in rural India 3.4% in men and 6.8% in women. In India 196 million adults are affected with Hypertension (WHO – 2009).

The prevalence of hypertension in different states of India such as 21% in Andhra Pradesh, 42.3% in Orissa, 18.4% in Tamilnadu, 21% in west Bengal and 46.6% in Kerala.

Wen J Ma, Jin L Tang conducted a cross sectional study on Hypertension prevalence, awareness, treatment, control and associated factors in adults in southern China. The sample size was 13889 with the age of 20 years and above. Stratified multistage cluster sampling method was used to this survey. Questionnaire method was used to collect the data. The results were shown that the prevalence of hypertension was 20.5%, which indicates most of the adults suffering from hypertension. Awareness, treatment and control of hypertension in hypertensive patients were 42.8%, 37.5% and 13.5% respectively.

Statement of the problem

Study to assess the knowledge regarding prevention of hypertension among adults at Tertiary care hospital, Nellore.

Objectives

1. To assess the level of knowledge regarding prevention of hypertension among adults.
2. To find out the association between the level of knowledge on prevention of hypertension with selected socio demographic variables of adults.

Research Hypotheses

- H1:** There will be statistically significant difference of level of knowledge regarding prevention of hypertension among adults.
- H2:** There will be statistically significant association between sociodemographic variables and level of knowledge regarding prevention of hypertension among adults.

Projected outcome

The study would help to know the knowledge regarding prevention of hypertension among adults.

MATERIALS AND METHODS

Cross sectional descriptive research design was used to conduct the study in outpatient department NMCH, Nellore, A.P. sample size of 50 adults were selected by using Non probability convenience sampling technique. Permission was obtained from the research committee of NMCH. Informed consent was obtained from adults. Semi Structured knowledge questionnaire was used for collecting the data from samples.

Criteria for selection of the sample

Inclusion criteria

The adults who are Age group of 18 to 55 years.
The adults who are willing to participate in the study.

Exclusion criteria

The adults who does not understand Telugu or English
The adults who are not willing to participate in the study

Tool for data collection

The tool consists of two parts.

Part-I : consist of questions to collect the socio demographic data such as age, gender, education, occupation, marital status, family income,

Part-II: consist of semi structured questionnaire to determine the knowledge regarding prevention of hypertension. It consists of 24 items related to prevention of hypertension.

Plan for data analysis

The data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study.

RESULTS

Section-I

Frequency and percentage distribution of demographic variables

Majority of the adults 14(28%) are between the age group of 18-26 years, 28(56%) are belongs to males, 12(24%) adults are illiterates, 19(38%) adults are daily wage, 29(58%) adults are belongs to Hindu, 25(50%) are married, 30(60%) adults are not had any habits of smoking, alcoholism. Majority of adults 32(64%) are taking mixed diet, 28(56%) are not having the family history of hypertension, 29(58%) adults are not having hypertension and Majority of hypertensive patients 17(81%) are taking regular medications.

Section –II

Frequency and percentage distribution of adults based on level of knowledge

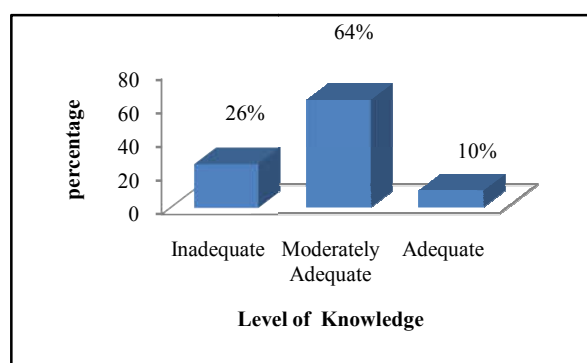


Figure 1 percentage distribution of level of knowledge among adults (N=50)

The mean score is 12.28 and standard deviation was 2.97 for knowledge questionnaire.

Robert roth (2010) conducted a descriptive study of awareness and treatment of uncontrolled hypertension among adults in united states. 1058 adults were the sample size with age group of 18-60 years. Survey method was used for collecting data. The findings shown that the average awareness of the uncontrolled hypertension was about 44.8%, moderate awareness of uncontrolled hypertension was about 39.4% and Good awareness of uncontrolled hypertension was about 15.8%.

Section-III

Association between level of knowledge and socio demographic variable

The Socio demographic variables such as Education has obtained chi square value of 26.91 with table value 23.21 which shows significant association at <0.01 .

CONCLUSION

The study defines the knowledge on prevention of hypertension among adults. The finding of the study revealed that majority of adults 32(64%) have average knowledge. Hence there is a need should conduct awareness programmers regarding the prevention of hypertension among general public.

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