A STUDY TO ASSESS THE KNOWLEDGE REGARDING HYPERTENSION AND ITS MANAGEMENT AMONG HYPERTENSIVE PATIENTS AT GOVERNMENT DISTRICT HOSPITAL, NARSINGHPUR, MADHYAPRADESH.

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Abstract: Introduction: A living thing's level of functional or metabolic efficiency is referred to as their health. It describes a person's overall physical and mental well-being in humans and frequently refers to their lack of illness, trauma, or discomfort. Health is a condition of complete physical, mental, and social well-being and goes beyond simply being free from illness or impairment (World Health Organisation, 1946). **Aim:** a study to assess the knowledge regarding hypertension and its management among hypertensive patients at government district hospital, Narsinghpur, Madhya Pradesh. **Objectives:** 1) To assess the pre-test level of knowledge regarding Hypertension and its management among hypertensive patients. 2) To find out the association between the pre-test level of knowledge regarding Hypertension and its management among hypertensive patients with their selected demographic variables. **Method:** In this study, non – Experimental Descriptive Research Design was adopted to determine the knowledge regarding prevention of anaemia among pregnant women at Government District Hospital, Narsinghpur, Madhya Pradesh." **Result:** The current study shows that shows that among 50 patients with primary Hypertension, 25 (50%) had poor knowledge and 25 (50%) had adequate level of knowledge in pre-test. The relationship between knowledge score and several demographic characteristics suggests that age was found to be 12.58 at 2 (df), education was found to be 21.94 at 4 (df), monthly income was found to be 13.38 at 3 (df), and residence was found to be 11.38 at 2 (df), all of which were significant at the 0.05 level. The knowledge score in the pre-test was unrelated to other factors like gender, religion, occupation, marital status, type of family, and eating habits.

Key Words: Knowledge, Hypertension

Introduction: Unnoticed deaths are caused by high blood pressure. Many people are unaware they have it because it frequently has no symptoms. High blood pressure, also known as elevated blood pressure or hypertension, raises the risk of heart attacks, strokes, and kidney failure. A slight rise in arterial blood pressure is associated with a shorter life span. If untreated, uncontrolled high blood pressure may lead to heart failure, an irregular pulse, and blindness.

STATEMENT OF THE PROBLEM

"A study to assess the knowledge regarding Hypertension and its management among hypertensive patients at Government District Hospital, Narsinghpur, Madhya Pradesh."

OBJECTIVES OF THE STUDY

☐ To assess the pre-test level of knowledge regarding Hypertension and its management among hypertensive patients.

☐ To find out the association between the pre-test level of knowledge regarding Hypertension and its management among hypertensive patients with their selected demographic variables.

RESEARCH HYPOTHESIS

☐ RH0 There will be no significant association between the pre-test level of knowledge regarding Hypertension and its management among hypertensive patients with their selected demographic variables.

☐ RH1 There will be a significant association between the pre-test level of knowledge regarding Hypertension and its management among hypertensive patients with their selected demographic variables.

ASSUMPTIONS

The Hypertensive patients may not have adequate knowledge regarding Hypertension and its management.

RESEARCH METHODOLOGY

RESEARCH APPROACH

In this study, quantitative research approach was adopted.

RESEARCH DESIGN

In this current study, non – Experimental Descriptive Research Design was adopted to determine the knowledge regarding prevention of anaemia among pregnant women at Government District Hospital, Narsinghpur, Madhya Pradesh."

VARIABLES

Research Variable: Knowledge among hypertensive patients regarding Hypertension and its management.

SETTING OF THE STUDY

The present study was conducted at Government District Hospital, Narsinghpur, Madhya Pradesh.

POPULATION

In the present study, population comprised of hypertensive patients at Government District Hospital, Narsinghpur, Madhya Pradesh.

TARGET POPULATION

In the present study, target population comprised of hypertensive patients at Government District Hospital, Narsinghpur, Madhya Pradesh.

ACCESSIBLE POPULATION

Hypertensive patients were the study's accessible population, and they were asked about their knowledge regarding Hypertension and its management at Government District Hospital, Narsinghpur, Madhya Pradesh.

SAMPLE

In this study, the sample consists of Hypertensive patients at Government District Hospital, Narsinghpur, Madhya Pradesh who fulfilled the inclusion criteria.

SAMPLE SIZE

In this study, the sample comprised of 30 hypertensive patients who are between the age group of 20-40 years & admitted at Government District Hospital, Narsinghpur, Madhya Pradesh who fulfilled the inclusion criteria.

SAMPLING TECHNIQUE

In this study, purposive sampling technique was used to select the samples.

CRITERIA FOR SAMPLE SELECTION

Selecting cases that satisfy a pre-set criterion of importance is known as sampling criteria. The selection criteria are primarily presented under two headings, inclusive criteria and exclusive criteria.

Inclusion criteria: -

The study includes:

• Hypertensive patients who are admitted at Government District Hospital, Narsinghpur, Madhya Pradesh.

• Hypertensive patients who are willing to participate in the study.

• Hypertensive patients who can understand Hindi or English.

Exclusion criteria

The study excludes:

• Hypertensive patients who are not willing to participate in the study.

• Hypertensive patients those who were not available at the time of data collection.

DEVELOPMENT OF THE TOOL

Based on the study's goals and with the help of medical specialists, demographic data and a structured knowledge questionnaire were employed as the study's main tools.

SECTION: A Demographic variables

It consists of demographic variables such as age, religion, education, occupation, Marital Status, Monthly Income, Place of residence, type of family and Dietary Pattern.

SECTION B:

It consists of 25 Hypertension and its Management related questions including causes, symptoms, diagnosis, treatment, management of Hypertension. Each question has 4 options in which one is correct answer which is scored 1. Maximum score is 20.

SCORING INTERPRETATION

☐ 0 – 40% -Inadequate knowledge

☐ 41 – 70% - Moderate knowledge

☐ 71 – 100% - Adequate knowledge

VALIDITY

Four nursing professionals and one medical expert were consulted in order to determine the validity of the tool. According to suggestions made by the tool's specialists, modifications were made.

RELIABILTY

The reliability of the tool was established by using test-retest method (Karl Pearson formula). Reliability of the tool was r =0.86, so the too was found to be reliable.

PILOT STUDY

Among mothers of pre-schoolers, a pilot study was undertaken to evaluate the study's viability, relevance, and practicability. The period of data collecting was one week. The researcher got both verbal and written consent from the hospitals before beginning the investigation. The study was determined to be viable since the data collected were suitable for statistical analysis.

DATACOLLECTION PROCEDURE

After formal written permission obtained from Principal of Paradkar Nursing Institute Narsinghpur and Dean of Government District Hospital, Narsinghpur, Madhya Pradesh. 30 samples were selected as per inclusion criteria. Rapport was established with the hypertensive patients and brief introduction about the study. Knowledge questionnaire used to assess the pre- test knowledge of hypertensive patients regarding Hypertension and its Management. Followed by the pre-test structured teaching programme was given for 45 minutes to create awareness regarding Hypertension and its management and 20 minutes was given for clarification of doubts. Hypertensive patients are co-operative, attentive, interested and clarified doubts during data collection period.

Plan for data analysis: -

The data collected will be analysed by means of descriptive statistics and inferential statistics.

Descriptive statistics: -

1.   Frequency and percentage distribution will be used to describe demographic variable.

2.   Mean and standard deviation will be used to analyse the pre-test and post-test level of knowledge regarding Hypertension and its Management among Hypertensive Patients.

Inferential statistics: -

1.   Paired t-test will be used to compare the pre-test level knowledge regarding Hypertension and its management.

2.   Chi- square test will be used to associate pre-test level of knowledge regarding Hypertension and its management with their selected demographic variable.

ETHICAL CONSIDERATION

The proposed study was conducted after the approval of the dissertation committee of Paradkar Nursing Institute Narsinghpur. Permission was obtained from the dean/medical officer from the selected hospitals. The oral consent was obtained before starting data collection. Assurance was given to the study subject that anonymity of each individual would be maintained. This was done for maintaining the moral and ethical as well as for the legal safety of the investigator.

DATA ANALYSIS AND INTERPRETATION OF DATA

SECTION A:

Description of demographic variables of hypertensive patients at Government District Hospital, Narsinghpur, Madhya Pradesh.

The description of demographic variables of hypertensive patients at Government District Hospital, Narsinghpur, Madhya Pradesh.

☐   According to the distribution of age groups among hypertension patients, those aged 35 to 45 comprised 14 (28%), those aged 46 to 55 21 (42%) and those aged 56 to 65 15 (30%).

☐   Male patients made up 40% of the total population and female patients made up 60%.

☐   In terms of religion, 7 (14%) Muslims and 43 (86%) Hindus are represented.

☐   2 (4%) of the patients had no formal education, 26 (52%) had only a primary education, 15 (30%) had a secondary education, 5 (10%) had a higher secondary education, and 2 (4%) had a graduate degree.

☐   Regarding the profession, 25 (or 50%) of the population were unemployed, compared to 19 (or 38%) business owners, 4 (or 8% of technical workers, and 2 (or 4% of professionals).

☐   Regarding the patients' marital status, there were 41 married people (82%), 1 single person (2%), no one who had been divorced, and 8 widows or widowers (16%).

☐   Regarding the patients' monthly income, 6 (12%) had less than Rs. 5000, 21 (42%) had between Rs. 5001 and Rs. 15,000, 20 (40%) had between Rs. 15,001 and Rs. 25,000, and 3 (6%) had more than Rs. 25,000.

☐   Patients with hypertension lived in 17 (34%) rural, 24 (48%) urban, and 9 (18%) semi-urban areas.

☐   Regarding family structure, 22 (44%) are joint families, while 28 (56%) are nuclear families.

☐   Regarding the dietary habits of hypertension patients, 48 (96%) were not vegetarian, whereas 2 (4%) were.

SECTION B

Description of pre-test knowledge regarding hypertension and its management among clients at Government District Hospital, Narsinghpur, Madhya Pradesh with hypertension.

This present study shows that among 50 patients with primary Hypertension, 25 (50%) had poor knowledge and 25 (50%) had adequate level of knowledge in pre-test.

SECTION C

Association of demographic variables with pre-test knowledge regarding Hypertension and its Management among Hypertensive Patients at Government District Hospital, Narsinghpur, Madhya Pradesh with hypertension.

The current study displays the 2 test results for the relationship between knowledge score and several demographic characteristics. Age was found to be 12.58 at 2 (df), education was found to be 21.94 at 4 (df), monthly income was found to be 13.38 at 3 (df), and residence was found to be 11.38 at 2 (df), all of which were significant at the 0.05 level. The knowledge score in the pre-test was unrelated to other factors like gender, religion, occupation, marital status, type of family, and eating habits.

NURSING IMPLICATIONS

The findings of the study have implications in various areas of nursing like nursing education, nursing practice, administration and research.

Nursing Education

▪ Nursing curriculum is a means through which future nurses are prepared. Preventive and promotive health practices should be emphasized while planning the curriculum for nurses.

▪ Importance of Information, Education and Communication regarding hypertension in the practice field must be emphasized in the curriculum.

▪ Curriculum should include the preparation and conduction of IEC programmes regarding various health issues.

▪ Nursing students have to update their knowledge regarding Information, Education and Communication programmes at National level.

Nursing Practice

o The study emphasized on improving the knowledge and attitude of the patients towards controlling blood pressure to attain a positive outcome from hypertension management.

o Education about the measures to control blood pressure helps in the patient compliance to treatment and thereby reducing the cardiac risks.

o Nurses should provide information and individualized education to the patients regarding hypertension and promote communication among nurses and the patients.

o Nurses should conduct IEC programmes in hospitals and in community with focus on reducing risk of hypertension.

Nursing Administration

➢ Nurse administrators should have interest in formulating guidelines and various modalities of treatment of hypertension.

➢ Inservice education programmes should be conducted for nurses to update their knowledge regarding hypertension management.

➢ The nurse administrator should organize various IEC programmes in hospitals and communities.

➢ Nurse administrator should motivate the subordinates to prepare and conduct patient education programmes.

➢ Nurse administrator should motivate and guide nursing students to participate in IEC programmes.

Nursing Research

❖ The main aim of nursing research is to contribute to the knowledge of nurses to expand and broaden the scope of nursing. Nurses should take initiative to conduct further research.

❖ This study can act as a baseline for further studies which can be built upon the management of hypertension.

❖ There is a scope for conducting research study in depth by using other tools to assess the knowledge and attitude towards controlling blood pressure.

❖ It can be used for evidence-based practice as a trend in treatment modality of hypertension.

❖ Researches can be done on IEC programmes in various other health issues.

Limitations

✓ The limited sample size places limitation on the generalization of the study findings.

✓ The researcher could not use randomized sampling technique in this study.

✓ Knowledge and attitude towards controlling blood pressure was assessed through the responses to the questionnaire prepared by the researcher which may be subjective to various factors like inhibition of self-expression.

✓ This study assessed only the patient knowledge; daily practice of the patient was not assessed.

Recommendations

• Similar study can be conducted to assess the effectiveness of the IEC package on blood pressure level.

• Similar type of study can be conducted for a large group.

• Similar study can be conducted as a comparative study between various teaching methods.

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