



A Descriptive Study To Assess The Knowledge Regarding Dash Diet Among Hypertensive Patients In Selected Hospitals Of Bathinda

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Abstract

A quantitative research approach and non-experimental descriptive research design were used to assess the knowledge regarding DASH (Dietary Approaches to Stop Hypertension) diet among 50 hypertensive patients attending OPD at selected hospitals in Bathinda. Convenience sampling was used. Demographic variables included age, gender, education, occupation, income, type of family, dietary pattern, family history of hypertension, regular medication, and source of information. A structured questionnaire was used for data collection. Findings revealed that 50% had poor knowledge, 46% had average knowledge, and only 4% had good knowledge. No significant associations were found between knowledge and selected demographic variables. This study highlights the need for health education and dietary counselling to promote DASH diet adherence among hypertensive patients.

Keywords: Knowledge, DASH diet, hypertension, patients, OPD

Introduction

Hypertension is a major global health concern and a key contributor to cardiovascular diseases, stroke, and premature death. Despite medical advancements, non-pharmacological measures like the DASH diet remain underutilized. The DASH diet is rich in fruits, vegetables, whole grains, lean protein, and low-fat dairy, while being low in sodium and saturated fats. It has been shown to reduce blood pressure significantly. However, patient awareness remains limited. This study aims to assess the knowledge regarding the DASH diet among hypertensive patients and identify the need for dietary education.

Objectives of the Study

- To assess the knowledge regarding DASH diet among hypertensive patients.
- To find an association between knowledge level and selected demographic variables.
- To prepare and distribute information booklet related to DASH diet.

Methodology

A descriptive research design and quantitative approach were used. Fifty hypertensive patients attending OPD at CHC Nathana, Bathinda were selected through convenience sampling. Inclusion criteria included age 30 years or above, able to read Punjabi, and willing to participate. Data was collected using a structured questionnaire comprising 30 questions. Scores were categorized into poor (0–10), average (11–20), and good (21–30). Data were analyzed using descriptive and inferential statistics (Chi-square test).

Findings of the Study

The findings of this study provide a comprehensive overview of the demographic characteristics and knowledge levels of hypertensive patients regarding the DASH diet. Among the 50 respondents, the majority (68%) were above 40 years of age, indicating that hypertension is more prevalent in older adults. Females constituted 54% of the study population, and a large proportion (96%) of participants were married. In terms of occupation, 42% were homemakers, reflecting limited engagement in formal employment among the respondents.

Educational status revealed that 56% of the participants had attained middle-level education, suggesting a moderate literacy level within the group. Most of the patients (70%) belonged to nuclear families, while 50% reported a monthly family income between Rs. 10,000 and Rs. 20,000. Dietary patterns showed that 70% of the respondents followed a vegetarian diet, and 46% had a family history of hypertension. A notable proportion (78%) of the participants were on regular antihypertensive medication, and 52% cited health personnel as their primary source of information about the DASH diet.

Regarding knowledge levels, half of the respondents (50%) demonstrated poor knowledge, 46% had average knowledge, and only a small fraction (4%) showed good knowledge about the DASH diet. This highlights a significant gap in dietary awareness among hypertensive patients.

Table 1: Percentage distribution of overall knowledge scores regarding dash diet among hypertensive patients

Sr.no.	Knowledge level	No. of participants	Percentage
1.	Poor knowledge	25	50%
2.	Average knowledge	23	46%
3.	Good knowledge	02	4%

The above table depicts the criteria measures of knowledge score. 4% patients had good knowledge, 46% had an average knowledge and 50% had poor knowledge.

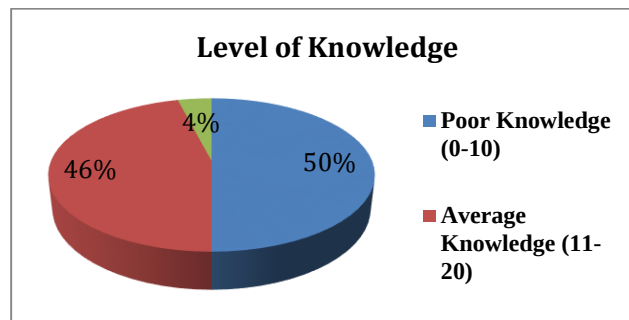


Fig 1: Percentage distribution of overall knowledge scores regarding DASH diet among hypertensive patients

Further analysis revealed no statistically significant association between the level of knowledge and demographic variables such as age, gender, marital status, education, occupation, income, type of family, dietary pattern, or source of information ($p > 0.05$). These findings emphasize the need for targeted educational interventions irrespective of demographic differences.

Limitations of the Study

- Limited to 50 hypertensive patients.
- Conducted only in selected hospitals of Bathinda.
- Convenience sampling limits generalizability.

Conclusion

The study concluded that a majority of hypertensive patients had poor to average knowledge regarding the DASH diet. The findings underscore the need for effective education and counselling strategies to improve awareness and adoption of the DASH diet in hypertension management.

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