Research Article

ASSESS THE KNOWLEDGE AND PRACTICE OF PERSON DIAGNOSED WITH HYPERTENSION AND ITS MANAGEMENT

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ARTICLE INFO

ABSTRACT

Health is one of the most important and cherished values in all person. It has been estimated that among people suffer from at least one illness in India. The estimated number of adults living with high blood pressure globally was 972 million of which two-third live in Villages and nearly half of them in a poor condition. This problem ranges from absence of sufficient income and social security to support themselves, ill-health and loss of social role and recognition. **Statement of problem** :"A Study to assess the knowledge and practice of person diagnosed with hypertension and its management in selected Villages of PHC, Sarbhon, Bardoli, Surat, Gujarat" **Objectives:** 1. To assess the knowledge of person diagnosed with hypertension and its management. 2. To assess the practice of person diagnosed with hypertension and its management. 3. To find out the correlation between knowledge and practice of person diagnosed with hypertension and its management. 4. To find out the association between knowledge and practice of person diagnosed with hypertension regarding its management with their selected socio-demographic variables. **Research Methodology**: Quantitative approach and descriptive survey design was used to conduct the study. A total number of 80 persons were selected by using convenient sampling technique and using questionnaires and daily activity checklist, data was collected. **Result:** Out of 80 samples, 60% of person having good knowledge, 31.1% of person having average knowledge and 8.8% of person having poor knowledge regarding hypertension and its management. Out of 80 samples, 65% person follows the practices for management of hypertension and 35% person not follow the practice for management of hypertension. Out of 80 samples, correlation between knowledge and practice shared moderately positive correlation. Type of family and knowledge had significant association where as other variables did not have significance. Association between gender and practice score of samples was significant at 0.05, level of significance. In rest of all cases there is no association with the practice score of persons diagnosed with hypertension. **Conclusion:** The finding of this study indicated that most of the samples had good knowledge and practice regarding hypertension and its management. However education, guidance and counseling are mandatory for the person diagnosed with hypertension to improve their quality of life.

INTRODUCTION

Background of the study

Hypertension is one of the most crucial health problems and the most common chronic disease in developed and underdeveloped countess it is called the silent killer which is usually diagnosed incidentally. Although hypertension is preventable and treatable condition but without treatment it leads to serious and life-threatening complications such as heart, kidney and brain disorders which in most cases result in person disability. Prevention plays significant role in controlling this disease which is achieved by increasing the knowledge and awareness of public and changing their attitude and practice. Health is one of the most important and cherished values in all person. It has been estimated that among people suffer from at least one illness in India. The estimated number of adults living with high blood pressure globally was 972 million of which two-third live in Villages and nearly half of them in a poor condition. This problem ranges from absence of sufficient income and social security to support themselves, ill-health and loss of social role and recognition. Hypertension is major concern among the person who is older than 50 years.

The role of nursing in preventing hypertension is to create awareness hence its significant reduction. This is due to the fact that hypertension is becoming the world's most prevalent health condition as it leads to significant morbidity and mortality. New interventions such as the awareness of the population's knowledge and attitudes will assist nurses with

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better implementation method of various health care techniques towards the prevention of hypertension.

Statement of Problem

"A Study to assess the knowledge and practice of person diagnosed with hypertension and its management in selected Villages of PHC, Sarbhon, Bardoli, Surat, Gujarat"

Objective

1. To assess the knowledge of person diagnosed with hypertension and its management.
2. To assess the practice of person diagnosed with hypertension and its management.
3. To find out the correlation between knowledge and practice of person diagnosed with hypertension and its management.
4. To find out the association between knowledge and practice of person diagnosed with hypertension regarding its management with their selected socio-demographic variables.

Assumption

1. Person diagnosed with hypertension may have little knowledge regarding its management.
2. Person diagnosed with hypertension may have practice regarding its management.

Hypothesis

H_1: - There will be a significant correlation between knowledge and practice of persons diagnosed with Hypertension and its management at 0.05, level of significance.

H_2: - There will be a significant association of knowledge and practice of person diagnosed with hypertension and its management with selected demographic variables at 0.05, level of significance.

RESEARCH METHODOLOGY

A Quantitative Survey approach and descriptive survey design was used to conduct the study. A total number of 80 persons were selected by using convenient sampling technique. The tool used for the study was socio demographic variables and medical data, structured knowledge questionnaires and daily activity inventory checklist data was collected. The content validity of the tool was done by 5 experts in the field including medical officer.

RESULT

Section 1

In socio demographic data majority of the subject, (71.25%) belong to the age group of 51and above years,60% were female and 40% were males, Highest education is (37.40%) secondary, (92.50%) person doing own work, Majority of (65%) person has income of 10,000/- & above, (48.75%) person living in joint family, Majority of (96.25%) were Hindu, (65%) person were vegetarian, 90%) person has bad habits.

In Medical datamajority of 39% person has hypertension since 5 years, 53.75% person has history of hypertension in family, 77.50% person has taking medicine for hypertension, Majority of 60% person taking regular medicine Compliance, (71.25%) person hasn't had other co-morbid condition with hypertension
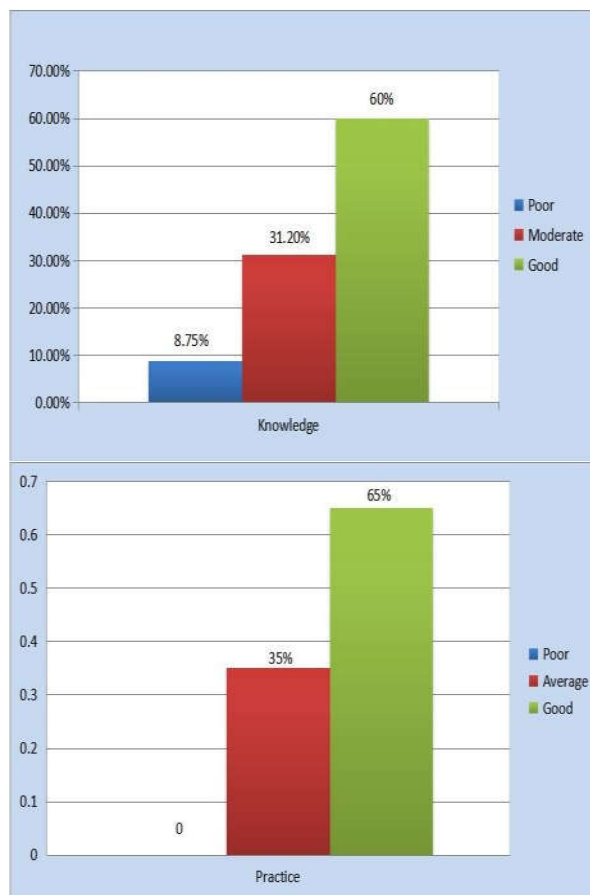
but (28.75%) person has other co-morbid condition with hypertension.

Section 2

Table no. 1 Distribution ofmean, median, mode, standard deviation and range scores of knowledge and practice score of persons diagnosed with hypertension and its management.

Area	Mean	Median	Mode	Sd	Range
Knowledge	10.60	11	12	2.37	3-15
Practice	10.93	11	12	2.09	7-15

Section 3

Graph No. 1 Distribution of knowledge and practice score of person diagnosed with hypertension and its management.

Section 4

The knowledge mean is 10.6 and practice mean is 10.9 .The value of r is 0.467 and the value of P at 0.05 at the level of significance. So, there is a moderately positive correlation between Knowledge and practice among hypertensive person.

Section 5

Type of family and knowledge had significant association where as other variables did not have significance. Association between gender and practice score of samples was significant at 0.05, level of significance. In rest of all cases there is no association with the practice score of persons diagnosed with hypertension.

DISCUSSION

In the present study out of 80 samples, 60% of person having good knowledge, 31.1% of person having average knowledge and 8.8% of person having poor knowledge regarding hypertension and its management. Out of 80 samples, 65% person follows the practices for management of hypertension

and 35% person not follow the practice for management of hypertension. Out of 80 samples, correlation between knowledge and practice shared moderately positive correlation. Type of family and knowledge had significant association where as other variables did not have significance. Association between gender and practice score of samples was significant at 0.05, level of significance. In rest of all cases there is no association with the practice score of persons diagnosed with hypertension.

Recommendation: On the basis of finding it is recommended that,

1. A similar study can be done on a large sample to generalize finding.
2. A similar study can be done to determine the knowledge, practice and attitude regarding person diagnosed with hypertension and its management.
3. A comparative study can be performed to evaluate the knowledge and practice of person diagnosed with hypertension and its management among urban and rural area.
4. Experimental study can be performed to evaluate the knowledge and practice of person diagnosed with hypertension and its management.

CONCLUSION

The finding of this study indicated that most of the samples had good knowledge and practice regarding hypertension and its management. However education, guidance and counseling are mandatory for the person diagnosed with hypertension to improve their quality of life.

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