



"A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE REGARDING NURSING MANAGEMENT OF HYPERTENSIVE PATIENTS AMONG NURSING STAFF OF DHIRAJ HOSPITAL, WAGHODIA"

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ABSTRACT

BACKGROUND of the study: Hypertension is a global public health issue and risk factor for cardiovascular diseases. It is estimated that by 2025 more than 1.5 billion individuals worldwide will have hypertension, accounting for up to 50% of heart disease risk and 75% of stroke risk. Aim: "A study to assess the knowledge and practice regarding nursing management of hypertensive patients among nursing staff of Dhiraj hospital, Waghodia".

MATERIAL AND METHOD: A quantitative research approach with non experimental descriptive research design is used; purposive sampling is used to collect the 100 samples of nursing staff working in Dhiraj hospital and data collected by administering structured knowledge questionnaire to assess the knowledge and a self prepared checklist to assess the practice regarding nursing management of hypertensive patients. Data were analyzed by using descriptive and inferential statistics.

RESULT: Majority of the respondents were having adequate practice score (77%) and (23%) were having average practice. Only (00%) of nursing staff were having poor practice towards management of hypertensive patients. Among all socio demographic variables, the obtained χ^2 value was only working area was found to be significant with knowledge score. χ^2 value is only age & working area was found to be significant with practice score, The obtained correlation between knowledge and practice regarding nursing management of hypertensive patients is found significant at the 0.01 level (2-tailed).

CONCLUSION: the study finding revealed that most of the nurses have the inadequate knowledge regarding nursing management of hypertensive patients. Interestingly, most of the nurses (77%) had adequate practice regarding nursing management of hypertensive patients. There was significant association between knowledge score and working area of staff nurses. There was significant association between practice score and age/working area of staff nurses. There was moderately positive correlation between knowledge and practice regarding nursing management of hypertensive patients among staff nurses.

KEYWORDS :

INTRODUCTION: "Cardiovascular disease is increasing rapidly in low income countries, and up until recently, most attention has been focused on infectious diseases," Ueda said. "But non-communicable diseases, such as cardiovascular disease, are the leading causes of death globally.¹ The global burden of disease due to cardiovascular diseases (CVDs) is escalating, principally due to a sharp rise in the developing countries which are experiencing rapid health transition.² It has been predicted that by the year 2020, there will be an increase by almost 75% in the global cardiovascular disease burden. Almost all of this increase will occur in developing countries.³ The situation in India is more alarming, Worldwide, approximately 1 billion have hypertension, contributing to more than 7.1 million deaths per year.⁴ Deaths from both ischemic heart disease and stroke increase progressively as the blood pressure increases which needs prompt attention towards the cure.

STATEMENT OF THE STUDY:

"A study to assess the knowledge and practice regarding nursing management of hypertensive patients among nursing staff of Dhiraj hospital, Waghodia"

OBJECTIVES OF THE STUDY:

1. To assess the knowledge regarding nursing management of hypertensive patients.
2. To assess the practice regarding nursing management of hypertensive patients.
3. To associate knowledge regarding nursing management of hypertensive patients with selected demographic variables.
4. To associate practice regarding nursing management of hypertensive patients with selected demographic variables.
5. To correlate knowledge and practice regarding nursing management of hypertensive patients.

MATERIALS & METHODS:

A quantitative research approach with non experimental descriptive research design is used; purposive sampling is used to collect the 100 samples of nursing staff working in Dhiraj hospital, Waghodia.

CRITERIA FOR SELECTION OF SAMPLE

a) Inclusion criteria:

- Nursing staff working at Dhiraj hospital, Waghodia, Vadodara.
- Nursing staff who are willing to participate.
- Nursing staff who are GNM, BSc or post basic BSc in nursing.

b) Exclusion criteria:

- Nursing staff who are not present at the time of study.
- Nursing staff who are ANM health attendants & post graduate in nursing.

Instrument used for the study: Data was collected by preparing a structured knowledge questionnaire to assess the knowledge and a self prepared checklist to assess the practice regarding nursing management of hypertensive patients.

Data collection procedure: A formal permission was obtained from Medical Superintendent of Dhiraj hospital, Waghodia, Vadodara. After a brief self introduction and getting the rapport to nursing staff a written consent was obtained from the sample and confidentiality of the responses to be assured. First the knowledge of the nursing staff regarding nursing management of hypertensive patients was assessed by structured questionnaire.

RESULT:

Description of samples according to their demographic characteristics Demographical variables including age, gender, professional qualification, Work experience, working area, It was observed that Majority of (77 %) respondents belong to the age group of 20-25 years, (17%) respondents belong to age group 26-30 years, (2%) respondents belong to age group 31-35 years and 4% belong to above 36-40 years age group. Majority of the respondents (73%) were females and males were 27% distribution of Professional qualification shows Majority of the respondents (67%) were having B.Sc. Nursing, 30 % were having Post B.Sc. nursing and 30 % were having G.N.M. According to work experience, Majority of the respondents (76%) were having 0-3 years work experience. 16% were having 4-8 years work experience, 8 % were having more than 9 years work experience. Distribution of work areas shows Majority

of the respondents (52%) were posted in Critical ward, 4 % respondents were posted in Intermediate ward, 35 % respondents were posted in General ward and remaining 9 % respondents were posted in other wards.

Section: 2 assessment of knowledge regarding nursing management of hypertensive patient among nursing staff

Table: 1 Distributions of pre-test knowledge score of nursing staff regarding Hypertension management.

Range of score	% score	Level of knowledge	No. of Nursing staff	% of Nursing staff
0-10	50 %	Inadequate	81	81%
11-15	51-75%	Moderate	19	19%
16-20	76-100%	Adequate	0	0
TOTAL			100	100%

Section: 3 assessment of practice regarding nursing management of hypertensive patient among nursing staff

TABLE: 8 Distributions of pre-test Practice score of nursing staff regarding Hypertension management.

n=100

Sr. No.	Categories of Practice	Frequency	Percentage
1	Poor	00	00%
2	Good	23	23%
3	Excellent	77	77%
Total		100	100%

Section: 4 assessment of association between selected demographic variables and knowledge score

SECTION 4: Assessment of association between selected demographic variables and knowledge score.

Among all socio demographic variables, the obtained χ^2 value was only working area was found to be significant with knowledge score remaining age, gender, professional qualification & professional experience were not significant & found not to be associated with knowledge score.

SECTION 5: Assessment of association between selected demographic variables and practice score. Among all socio demographic variables the obtained χ^2 value is only age & working area was found to be significant with practice score, remaining gender, sprofessional qualification & professional experience are less than the table of χ^2 at 0.05 level of significance & found not to be associated with practice score.

Section: 6 assessment of correlation of knowledge and practice regarding nursing management of hypertensive patients.

The obtained correlation between knowledge and practice regarding nursing management of hypertensive patients is found significant at the 0.01 level (2-tailed).

DISCUSSION: The aim of the study was to assess the knowledge and practice regarding nursing management of hypertensive patients among nursing staff of Dhiraj hospital, Waghodia. It was found that most of the nurses have the inadequate knowledge regarding nursing management of hypertensive patients. Interestingly, most of the nurses (77%) had adequate practice regarding nursing management of hypertensive patients. There was significant association between knowledge score and working areas of staff nurses. There was significant association between practice score and age/working area of staff nurses. There was moderately positive correlation between knowledge and practice regarding nursing management of hypertensive patients among staff nurses.

The similar studies conducted by various authors shows that, the knowledge, attitude and practice towards risk factors which is necessary to provide particular education to people so that they can

avoid the risk factors hence reduce the prevalence of hypertension.⁵ descriptive study was concluded the need to maximize the efficiency of hypertension prevention and control programs so that delay in achieving effective hypertension control is minimized in countries experiencing recent emergence of hypertension as a major public health problem.⁶ Considering factors related to knowledge and hypertension management is an essential starting point to preventing high rates of cardiovascular mortality due to hypertension.⁷ Improving knowledge, treatment, and control on hypertension could decrease high rates of mortality by cardiovascular diseases.⁸ Studies suggested low levels of knowledge on hypertension among patients and lack of correct information and improper understanding of hypertension did not appertain to rural sites; it has been widely reported in urban environments and industrial countries, too.⁹ survey on hypertension concluded that the low rate of knowledge and control of patients on hypertension, health care providers should reinforce their activities to help to improve patients' knowledge level, especially among elders, through focusing on identifying risk factors to hypertension.¹⁰

CONCLUSION: The present study concluded that there is a positive correlation between knowledge and practice regarding nursing management of hypertensive patients among nursing staff.

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