



KNOWLEDGE ON COMPLICATIONS OF HYPERTENSION AND THERAPEUTIC ADHERENCE AMONG HYPERTENSIVE PATIENTS

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ABSTRACT

The present study assessed the knowledge on complications of hypertension and adherence to therapeutic regimen among hypertensive patients. The objective of the study was to assess knowledge on complications of hypertension and adherence to therapeutic regimen, to find the relationship between knowledge on complications of hypertension and adherence to therapeutic regimen with selected socio-personal variables. The conceptual frame work of the study is based on Sister Callista Roy's Adaptation Model. Non-experimental descriptive design was used. 110 hypertensive patients attending Medical OPD of KIMSHEALTH, Thiruvananthapuram were selected by purposive sampling. Structured Interview schedule, structured knowledge questionnaire and rating scale on adherence was used to collect data. After data collection individualized teaching was given using pamphlet on prevention of hypertensive complications and adherence to therapeutic regimen. Data were analyzed using descriptive and inferential statistics. The study findings shows that 50.9% had good knowledge 46.4% had average knowledge and 2.7% had poor knowledge on complications of hypertension. 65.5% of participants had good adherence and 34.5% had average adherence to therapeutic regimen. There is an improvement in the post test score of Basic Life Support among third semester BSc Nursing students

KEYWORDS : Assess, Basic Life Support

INTRODUCTION

Hypertension is a major public health burden and is part of an epidemiological transition from communicable to non-communicable diseases globally. It is an important risk factor for stroke, coronary heart diseases, peripheral vascular disease, heart failure, and chronic kidney disease. Aging, urbanization, sedentary lifestyle, obesity, ethanol consumption, and excess salt intake are the contributing factors for epidemiological transition of hypertension in the world. A cost-effective use of health services such as increasing the knowledge and awareness, early detection, treatment, and control of hypertension is needed among public, particularly about the risks associated with uncontrolled blood pressure.

WHO defines hypertension as a condition in which the blood vessels have persistently raised pressure. Hypertension is diagnosed if, when it is measured on two different days, these systolic blood pressure readings on both days is > 140 mmHg and/ or the diastolic blood pressure readings on both days is > 90 mm Hg. The World Health Organization defines adherence as, "the extent to which a person's behaviour of taking medication, following a diet, and/or executing lifestyle changes, corresponds with agreed recommendations from a health care provider."

MATERIALS AND METHODS

Research Approach was the researcher selected Quantitative approach for the study. Research Design was Non experimental descriptive survey design was used for the study. Variables in the study were knowledge on complications of hypertension and adherence to therapeutic regimen. The sampling technique used for the study was non probability Purposive sampling. The tools were prepared by the investigator, after an extensive review of literature related to complications of hypertension and adherence to therapeutic regimen. Blueprint was developed first and scores were assigned to each item. The tools were validated by experts in the field of medicine and nursing. The tools were translated in to Malayalam by the investigator by language expert. The tools were corrected and were approved by the concerned guide.

RESULTS

Majority of the hypertensive patients 50.9% belongs to age group of 56-65 years and 51.8 % were females.

Majority of the hypertensive patients (69.1 %) were hindus. Among 110 hypertensive patients 48.2% had an education of

higher secondary level. 62.80% patients were unemployed or housewives. Among 110 hypertensive patients 82.8% were married and 72.7% of them belongs to nuclear family. 50% of hypertensive patients had an monthly income within the range of 10001/- to 20000 and 84.5% of them lives in urban area. 77.3% of hypertensive patients had family history of hypertension. Majority of the hypertensive patients 78.2% had family support. 68% of the hypertensive patients were moderately active.

82.7% of the patients are Non vegetarian and 69.1% of the patients does not have any previous knowledge regarding complications of hypertension. Among 110 hypertensive patients 49.0% of the patients were obese, 14.6% were overweight and 53.6% of have BP below 140/90 mmHg. 51.8 % of patients have hypertension for 5.1 – 10 years and 67.3% of patients were taking treatment of hypertension for more than 5 years

DISCUSSION

The findings of the present study show that 50.9% of the hypertensive patients belongs to age group of 56-65 years and 51.8 % were females. 69.1 % of hypertensive patients were Hindus. 48.2% of hypertensive patients had an education of higher secondary level, 26.5% had an education up to high school and 25.5% of them were graduates. Among 110 hypertensive patients 62.80% were unemployed or housewives, 82.8% were married and 72.7% of them lives in nuclear family. 50% of hypertensive patients had an monthly income within the range of 10001/- to 20000/- and 84.5% of them lives in urban area. 77.3% of hypertensive patients had family history of hypertension. 78.2% had family support. 61.8% of hypertensive patients are moderately active and 38.2% have sedentary life.

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