



A STUDY ON EFFECT OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING HOME BASED MANAGEMENT OF HYPERTENSION AMONG HYPERTENSIVE PATIENTS

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ABSTRACT

Home based management of hypertension is very essential to decrease blood pressure. The study was intended to improve knowledge of hypertensive patients through video assisted teaching attending Outpatient department of selected Hospital of Bhopal. Non- probability purposive sampling technique was used to select 60 samples. Structured questionnaire were used to assess the knowledge. Pre-test was done and video assisted teaching was administered to hypertensive patients. After 7 days post-test was done. The calculated 't' value 4.18 was statistically significant at 0.05 level. Mean of post-test of experimental and comparison group was 19.73 and 15.63. The mean difference between the post-test of experimental and comparison group was 4.1. There was significant association of pre-test knowledge regarding home based management of hypertension with selected demographic variables of experimental and comparison group. Video assisted teaching was significantly effective in enhancing knowledge of hypertensive patient.

KEYWORDS : Effect, home based management, hypertension, video assisted teaching and hypertensive patients.

INTRODUCTION

Hypertension is very common health problem affecting global population leading to various secondary disorders. It is a silent killer. When blood pressure increases there increased risk of myocardial infarction, stroke etc. Home based management of hypertension is required to decrease chance of developing other cardiovascular disorders. It includes healthy diet, exercise, proper sleep, smoking cessation, decreasing alcohol consumption and blood pressure monitoring at home. Medication alone is not responsible for reducing blood pressure but a healthy life style can aid in reducing blood pressure in hypertensive patients. Thus blood can be reduced by following home based management of hypertension.

The burden of hypertension in India is expected to get double from 118 million in year 2000 to 213.5 million by year 2025. (Kearney et al)

Very few studies have been conducted about Home based management of hypertension. Thus it was necessary to collect data and create awareness among hypertensive patients regarding home based management of hypertension.

Objectives Of The Study

1. Assess pre and post-test knowledge regarding home based management of hypertension among hypertensive patients of experimental group and comparison group.
2. Find out significant difference between post-test knowledge regarding home based management for hypertension of experimental group and comparison group.
3. Associate the pre-test al knowledge scores regarding home based management for hypertension with their selected demographic variables of experimental and comparison group.
4. Determine the opinion of hypertensive patients regarding video assisted teaching on home based management of hypertension.

METHODOLOGY

Research Design

The research design selected for this study was quasi-experimental design with comparison group.

Setting

Lake city Hospital and Chirayu Health and Medicare Hospital, Bhopal.

Sample

The samples were the hypertensive patients attending OPD of selected hospital.

Sample Size

The sample size in the study was 60 hypertensive patients.

Sampling Technique

Purposive sampling technique was used.

RESULT

α. Pre and Post-test Knowledge

Pre-test: 26.67% of hypertensive patients had poor knowledge, 66.67 % had average knowledge and 6.66% had good knowledge in experimental group. 10% of hypertensive patients had poor knowledge, 73.33 % had average knowledge and 16.67% had good knowledge in comparison group.

Post-test: 0% of hypertensive patients had poor knowledge, 63.33 % had average knowledge and 36.67% had good knowledge in experimental group. 10% of hypertensive patients had poor knowledge, 80 % had average knowledge and 10% had good knowledge in comparison group.

B. Effectiveness Of Video Assisted Teaching Regarding Home Based Management Of Hypertension

The mean of post test knowledge score of experimental group (19.73) (S.D.= 4.72) was higher than comparison group (9.83) (S.D.=2.6) which reveals that there was increase in knowledge level among hypertensive patients after giving Video assisted teaching. This indicates that selected teaching module was effective to increase the knowledge level of hypertensive patients.

TABLE – 1 N=60 (30 Experimental and 30 Comparison Group)

Knowledge	Mean	Mean difference	SD	t- value
Experimental group	19.73	4.1	4.72	4.18
Comparison group	15.63		2.6	

c. Association Between Pre-test Knowledge Level with Selected Socio-demographic Variables.

There was significant association of pre-test knowledge with their demographic variables in experimental group like educational qualification (15.28*), family income per month (16.81*) and previous exposure to the home based management (13.77*)

According to hypertensive patient's opinion regarding home based management of hypertension & quality of video, 95.5% agreed, 4.5% partial agreed and 0% disagreed that video was helpful.

DISCUSSION

The study was intended to assess pre and post test knowledge regarding home based management for hypertension among hypertensive patients of experimental group.

66.67 % of hypertensive patients had average knowledge,

26.67% had poor knowledge, and 6.66% had good knowledge in pre test knowledge score of experimental group. The mean value in the pre test in experimental group was 12.93 and the standard deviation was 4.30.

63.33% of hypertensive patients had average knowledge, 36.67 % had good knowledge and 0 % had poor knowledge in post test knowledge score of experimental group. The mean value in the post test in experimental group was 19.73 and the standard deviation was 4.72.

Even though some of hypertensive patients had received information during visit to hospital, through friends etc. However their knowledge had significantly improved after the administration of video assisted teaching.

73.33% of hypertensive patients had average knowledge, 16.67 % had good knowledge and 10% had poor knowledge in pre-test of comparison group. The mean value in the pre-test al scores of the hypertensive patients in comparison was 16.83 and the standard deviation was 4.28.

80% of hypertensive patients had average knowledge, 10 % each had good and poor knowledge in comparison group. The mean value in the post-test al scores of the hypertensive patients in comparison group was 9.83 and the standard deviation was 2.6.

The mean post test knowledge score of experimental group (19.73) (S.D. = 4.72) was apparently higher than post- test knowledge score of comparison group (9.83) (S.D.=2.6) which reveals that there was increase in knowledge level among hypertensive patients after presentation of Video Assisted teaching This indicates that selected teaching module is effective to increase the knowledge level of hypertensive patients.

The demographic variables such as educational qualification (15.28*), family income per month (16.81*) and previous exposure to the home based management (13.77*) were significant in experimental group.

The demographic variables such as age (14.89*), educational qualification (15.41*), occupation (27.89*) and family income per month (18.21*) were significant in comparison group.

According to hypertensive patients's opinion regarding video 95.5% agreed, 4.5% partial agreed and 0% disagreed video was very helpful in gaining knowledge regarding home based management of hypertension.

CONCLUSION

Thus teaching with the help of video was more effective in improving the knowledge on home based management for hypertension.

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