

Knowledge regarding life style modifications of hypertension among hypertensive patients

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Abstract

Back ground: Hypertension is a silent killer disease it generally has serious complications in the individuals. Modernization has brought many changes in life style, habits as a result of advancement of lives become easier and also intensity of stress. So, it affects individuals which causing number of physical and psychological problems, which changes their lifestyle like smoking, alcoholism, more intake of fast food items, intake of more sodium foods which will leads to obesity and systemic disease like hypertension.

Aim: To assess the level of knowledge regarding life style modifications of hypertension among hypertensive patients.

Material and Method: Study conducted by using the quantitative research approach by using non- experimental descriptive research design was adopted to determine the level of knowledge regarding lifestyle modifications of hypertension.

Statistical Analysis Used: The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study.

Results and Conclusion: shows that with regard to level of knowledge of 2(6.7) are had A+ grade above 85% and 9(30%) are had B+ grade 9(30%) are had B grade 7(23.3%) had C grade 3(10.0%) are had D grade in their knowledge.

Keywords: knowledge life style modifications, hypertension

1. Introduction

Hypertension is a silent killer disease it generally has serious complications in the individuals. Modernization has brought many changes in life style, habits as a result of advancement of lives become easier and also intensity of stress. So, it affects individuals which causing number of physical and psychological problems, which changes their lifestyle like smoking, alcoholism, more intake of fast food items, intake of more sodium foods which will leads to obesity and systemic disease like hypertension.

Hypertension has become the common cause of death in industrial countries which is leading to complications like multi organ failure, cardiac problems, strokes and other complications like hypertensive retinopathy, nephropathy. Life style modification are suggested as definitive first line therapy for some clients after the initial diagnosis. Hypertension is known as high blood pressure and it is defined as normal range is 120mm of Hg systolic and 80mm of Hg as persistent elevation of the systolic blood pressure of level of 140mm of Hg or higher and diastolic blood pressure of a level of 90mm of Hg.

Life style modifications is defined and characterized in regard to recommended change in lifestyle with attendance so medical references. It express patient agreement with recommendations and participates in decisions related to health.

Approached to stop hypertension prompted by the national heart, lung and blood institute has reported that the patients need to recognize that the importance of blood pressure control is by the combined approach. To control the blood pressure levels in the hypertensive patients.

Dietary pattern: sodium intake of vegetarians 2.5 and 3.3 gm per day. In non-vegetarians 1.8 gm per day in non-hypertensive person's sodium intake is 5.0 gm per day. potassium intake in adult men is 2.9 to 3.2mg/dl in adult women 2.1 to 2.3gm/dl per day. Eg: vegetables like carrot, green leafy vegetables. Fruits like apple banana orange.

2. Objectives of the Study ^[5]

- To assess the level of knowledge regarding life style modifications of hypertension among hypertensive patients.
- To find out the association between level of knowledge regarding life style modifications of hypertension with their selected Socio – demographic variables.

3. Detailed Research Plan ^[6]

- **Research Approach:** Quantitative Approach.
- **Research Design:** non-experimental Descriptive research design.
- **Research Setting:** The study was conducted in Narayana Medical College Hospital at Nellore.
- **Sampling Technique:** Non probability convenience sampling techniques was adopted for selection of the subjects.

Sample Size: The sample size for the present study was 30 hypertensive patients.

▪ Description of the tool

The tool was developed with the help of related literature from various text books, journals, websites, discussion and guidance from experts.

The Tool Consist Of Two Parts

Part – I: Demographic data for hypertensive patients of age, sex, education, religion, occupation, marital status, type of family, family income, habits, food pattern, exercises, BMI, family history, medication, type of medication. Knowledge regarding lifestyle modifications of hypertension.

Part – II: consists of structured questionnaire to determine the knowledge regarding life style modification of hypertensive

Score Interpretation

The tool consists of tool 30 questions. Each correct answers rewarded by 1 and wrong answers scores as “0” based on the total score, the knowledge level of was categorized as follows.

Table 1

Level of knowledge	Gradates
More than 85%	A+
More than 75%	A
More than 65%	B+
More than 55%	B
More than 50%	C
Less than 50%	D

4. Results and Discussion

Description of demographic variables of among B.Sc nursing students:

- In context to age 21(70%) were 31-40 years, 3(10%) were 41-50 years, 5(16.7%) were 51-60 years and 1(3.3%) were above 60 years.
- with regard to gender 16(53.3%) were males and 14(46.7%) were females.
- In context to religion 24(80%) are Hindus, 5(16.7%) are Muslims and 1(3.3%) are Christians.
- with regard to educational qualification 12(40%) were iliterate 6(20%) were primary 5(16.7%) intermediate and 7(23.3%) were Degree.
- with regard to occupation 15(50%) farmer 9(30%) Cooli 2 (6.7%) government employee 4(13.3%) are private employee.
- In context with regard to marital status 18(60%) are married 6(20%) unmarried 4 (13.3%) are divorced 2(6.7%) are widow.
- with regard to type of family 7(23.3%) are joint family 6(20%) are big family 17(56.7%) are small family.
- with regard family income 5000RS/- 1(3.3%) 5’100-7’000RS/- 8(26.7%) 7’100-9000RS/- 9(30%) 9,100-1100RS/- 2(6.7%) ABOVE 1,100RS/- 1(3.3%)
- in context with habits smoking 8(26.7%) tobacco chewing are 3(10%) alcohol consumption are 6(20%) none are 13(43.3%)
- with regard food pattern vegetarian 2(6.7%) non-vegetarian are 3(10%) mixed diet 25(83.3%)
- in context with exercise 3(10%) are regular 27(90%) irregular
- with regard to family history 7(3.3%) are yes remaining 23(76.7%).
- with regard to regular medication yes are 8(26.7%) 22(73.3%) are no.
- in context with type of medication are diuretics 14(46.7%)

remaining 16(53.3%).

Table 2: Frequency and Percentage distribution of level of knowledge of life style modification of hypertension among hypertensive patients (N=30)

Level of knowledge	Frequency(F)	Percentage (%)
A+	2	6.7
A	0	0
B+	9	30
B	9	30
C	7	23.3
D	3	10.0
Total	30	100

Table 2 shows that with regard to level of knowledge of 2(6.7) are had A+ grade above 85% and 9(30%) are had B+ grade 9(30%) are had B grade 7(23.3%) had C grade 3(10.0%) are had D grade in their knowledge

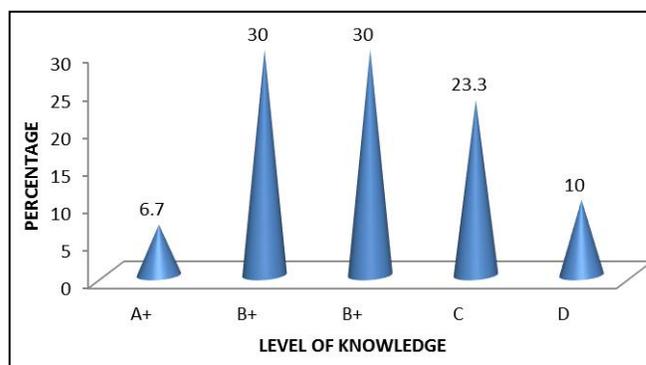


Fig 1: Shows Percentage distribution of hypertensive patients based on level of knowledge

5. Implications of the study

Nursing Research

The findings of the study have implications to nursing education, nursing administration and nursing research.

Nursing Practice

- Nursing professional working in the community should have an awareness programme for hypertensive patients especially about the education for life style modifications of hypertension.
- Nursing professional play key role in the enhancement of knowledge towards the life style modifications of hypertension among hypertensive patients.

Nursing Education

- It is very important to provide health education for the hypertensive patients to bring awareness about life style modifications of hypertension.
- The nursing students have to improve their knowledge and skills for the hypertensive patients regarding life style modifications of hypertension.

Nursing Administration

- The nursing administrator can take part in developing protocols, regarding the health education programmes and strategies for hypertensive patients regarding life style

modifications of hypertension.

- The nursing administrator can mobilize the available resource personnel towards the health education of hypertensive patients regarding life style modifications towards to the hypertension.
- The nurse administrator should plan and organize continuing education programme for ANM's to motivate them in conducting teaching programme for hypertensive patients regarding life style modifications of hypertension.

Nursing Research

- Newer method of teaching can be implemented educational research.
- Nurse should come forward to carry out studies on life style modifications towards the hypertensive patients and rehabilitation should also encourage for research in this field through the establishment of certain funds and strategies.

6. Conclusion

The study concluded that the hypertensive patients had adequate knowledge regarding life style modifications of hypertension. their exhibit more favourable knowledge towards life style modifications of hypertension. since hypertensive patients knowledge play an important role in education and the rehabilitation of the hypertensive patients.

7. References

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