

# Self Care Practices among Hypertensive Patients with the View to Develop Informational Pamphlet

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## Abstract

**Background:** Hypertension is condition approximately 25% affecting to adult population worldwide. Hypertension is said to be most common health problem all over the world. Prevalence of hypertension in India was 29.8%.

**Objective:** study investigated the effectiveness of Informational Pamphlet on Self Care Practices among Hypertensive Patients.

**Method:** One group pretest posttest design was used to conduct the study among hypertensive patients totally 60 patients were selected by Purposive sampling technique. Study conducted at Krishna hospital Karad. Data was collected by using structured questionnaire. Pre-test was conducted to assess the existing knowledge of self care practices regarding hypertension. Informational pamphlet was given to the patients then posttest level of knowledge was assessed by using same questionnaire.

**Results:** Results of the present study shows that in the pretest most of the samples were having average knowledge (70%) regarding self care practices regarding hypertension and in posttest majority (99.66%) were having good knowledge. The pretets mean was 12.08 and post-test mean was 18.78 and calculated t value was 6.70 found significant at the level of  $p < 0.0001$ .

**Conclusion:** Study concluded that information pamphlet was found effective to improve the Knowledge regarding self care practices among hypertensive patients.

**Keywords:** *Self Care Practices, Hypertensive Patients and Informational Pamphlet*

## Introduction

Hypertension (HTN) or high blood pressure, also called arterial hypertension, is a chronic and common medical condition peoples often suffer. A person with HTN in which the blood pressure in arteries is elevated. High blood pressure is present if blood pressures range at or above 140/90 mm Hg.<sup>1</sup> Cardiovascular diseases are the most common causes of mortality and morbidity in both developed and developing countries.<sup>2</sup> Hypertension is condition approximately 25% affecting to adult population worldwide.<sup>3</sup> Hypertension is said to be most common health problem all over the world. Prevalence of hypertension in India was 29.8%. The patients with stroke 57% deaths and 24% of all coronary heart disease (CHD) deaths in India due to the cause of Hypertension.<sup>4</sup>

In another studies it is estimated that about 31.1% of the world adult population living with hypertension, and 28.5% are in high-income countries while 31.5% are in low-and middle-income countries.<sup>5</sup> Hypertension is responsible for risk factor for renal and eye diseases.<sup>6</sup> Increasing awareness regarding hypertension and more effective treatment of patients with hypertension is the main focus of primary prevention of cardiovascular diseases.<sup>7</sup> Management of hypertension relies on patient's level of understanding of their condition and treatment and lifestyle changes and pharmacological treatment.<sup>8</sup>

Various studies have confirmed that the self-care practices are important for blood pressure control and reduction of further hypertension complications of cardiovascular and renal diseases. Most of the

hypertensive patients many times do not implement self-care practices and in the end they suffer from uncontrolled blood pressure.<sup>9</sup> Self care practice regarding hypertension includes medication taking at proper time, consumption of low-sodium and low-fat diet, exercise regularly, less alcohol drinking, not smoking, weight reduction, self-monitoring blood pressure, regular follow-up, and management of stress.<sup>10</sup> In self-care programs, patients become aware about their own health condition, aware about when they need care, and gain adequate knowledge regarding the mode of treatment. Patients are able to monitor their symptoms and they do in time routine examinations without needing to refer to their physician.<sup>11</sup> Health professionals can play a critical role in training general population about self-care activities.<sup>12</sup>

Many of people in India ignore the symptoms like hypertension. Because of the ignorance and their lifestyle, in future they faces problems like acute myocardial infarction, angina pectoris, parallelize stroke, coronary thrombosis etc. and they get hospitalized. Then they realize, the present condition is due to the ignorance of small symptoms which were early observed. Thus it is very important to diagnose the early symptoms to avoid later complication. Despite of different treatment & lifestyle intervention optimal control of BP remains challenge for many patients. Effective management of HTN depends on patient understanding of their condition & treatment and adherence to lifestyle & pharmacological treatments. Effective patient education material is feasible and widely transferable first step in promoting this goal. Thus the pamphlet should provide information reflecting the latest HTN guideline to provide a better quality life.

### **Method**

One group pretest posttest design was used to conduct the study among hypertensive patients totally 60 patients were selected by Purposive sampling technique. The samples included in this study were who fulfilled the inclusion criteria with who were willing to participate in the study, those who were suffering from hypertension and able to read and understand Marathi language Ethical permission was obtained before the data collection. After obtaining permission from the setting, the patients were asked their willingness to participate in the study and informed consent was obtained. Study conducted at Krishna hospital Karad. Data was collected by using structured questionnaire. Pre-test was conducted to

assess the existing knowledge of self care practices regarding hypertension. Informational pamphlet was given to the patients then posttest level of knowledge was assessed by using same questionnaire.

**Statistical analysis used:** To compare the two means Paired t test was used and to find out association between demographic variables and pretest knowledge score Chi Square test was used.

### **Results**

#### **Description of sample characteristics:**

Maximum number 25(41.66%) of Samples belongs to the age group of 46-60 years, 19(31.66%) Samples belong to the age group of 61-75 years. Majority of Samples 39(65%) belongs to male gender group and 21(35%) A sample belongs to female gender group. Maximum number of Samples 25(41.66%) belongs to secondary education, 18(30%) Samples belong to graduate education. Majority number of Samples 49 (81.66%) belongs to Hindu religion, 6 (10%) belongs to Christian religion, 3(5%) belongs to Muslim religion,

Majority of Samples 40(66.66%) belongs to rural area, 20(33.33%) belongs to urban area.

Maximum number of Samples 39(65%) belongs to their income of less than Rs.10000. Majority of Samples 22(36.66%) belongs to housewife, 17(28.33%) were doing job Maximum number of samples 60(100%). had got the information regarding their disease from the book

#### **Knowledge of self care Practices among Hypertensive patients:**

Graph no.1 shows that majority of the samples (70%) had average knowledge level, (21.66%) had good knowledge level, (8.33%) had poor knowledge level in pretest whereas in the posttest majority of the samples (99.66%) had good knowledge level, (3.33%) had average knowledge level, (0%) had poor knowledge regarding self care Practices.

#### **Effectiveness of Informational Pamphlet on Knowledge Regarding Self-Care of Hypertension:**

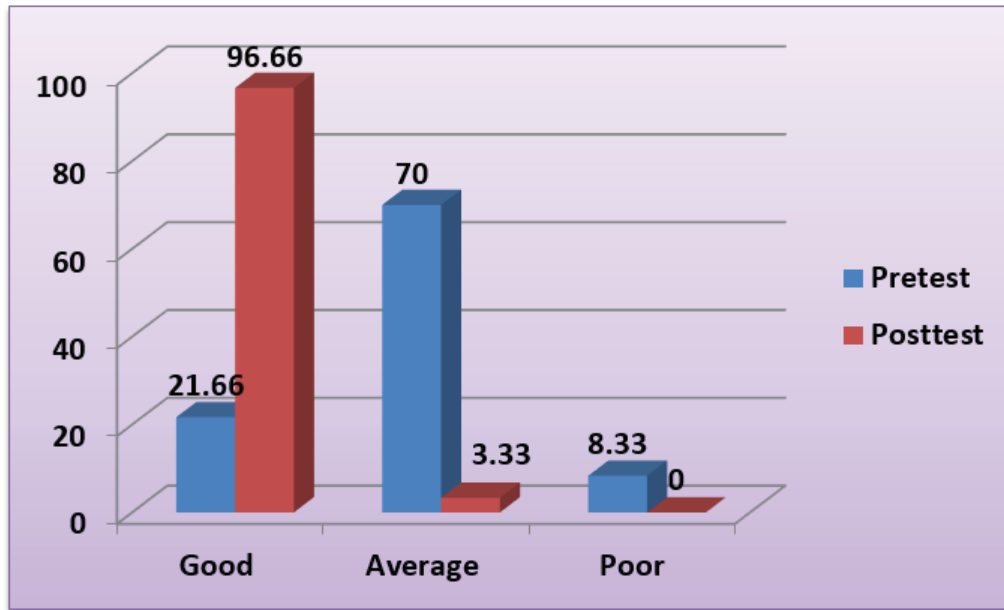
Table no. 1 shows that the mean and standard deviation of knowledge score obtained before and after the administering the Informational Pamphlet. This is considered to be extremely significant improvement in knowledge regarding self care practices. The pre-

test mean was 12.08 and post-test mean was 18.78 and calculated t value was 6.70 found significant at the level of  $p < 0.0001$ .

**The association between pre-test knowledge score and selected demographic variables:**

Table no.2 shows the association of pre-test knowledge level of hypertensive patients with their

selected demographic variables, using chi square test. There was no significant association found between the knowledge level of hypertensive patients with Age of (2.923), Gender (0.2177), Residence (5.136), & Occupation (10.970). There was significance association between Education (19.627), Religion (16.244), and Monthly income (17.284).



Graph no. 1 Frequency and Percentage Distribution of pretest and posttest Knowledge Score

Table No.1 pre test and post test mean Score, SD and computed t test

Phase	Mean	SD	t value	P Value
Pre Test	12.08	3.82	6.70	<0.0001
Post Test	18.78	1.52		

Table no. 2 Association between pre-test level of knowledge and their selected demographic variables.

Demographic Variables	Good	Average	Poor	Chi Square	P Value	Significance
AGE						
25-30	0	2	0	2.923	0.9391	NS
31-45	3	8	2			
46-60	5	16	4			
61-75	4	14	1			
Above 75-	0	1	0			

**Cont ... Table no. 2 Association between pre-test level of knowledge and their selected demographic variables.**

GENDER						
Female	4	14	3	0.2177	0.8968	NS
Male	8	27	4			
EDUCATION						
Primary	0	11	1	19.627	0.0032	S
Secondary	1	20	4			
Graduate	8	8	2			
Illiterate	3	2	0			
RELIGION						
Hindu	11	36	2	16.244	0.0125	S
Christian	1	2	3			
Muslim	0	2	1			
Other	0	1	1			
RESIDENCE						
Urban	7	10	3	5.136	0.0767	NS
Rural	5	31	4			
MONTHLY INCOME						
Below10000	4	30	5	17.284	0.0083	S
11-20000	5	5	0			
21-30000	3	4	0			
Above30000	2	2	2			
OCCUPATION						
Business	7	8	2	10.970	0.2034	NS
House-wife	5	15	2			
Majuri	0	4	1			
Kusalkam	0	2	0			
Farming	0	12	2			

### Discussion

Results of the present study shows that in the pretest most of the samples were having average knowledge (70%) regarding self care practices regarding

hypertension and in posttest majority (99.66%) were having good knowledge. The pretets mean was 12.08 and post-test mean was 18.78 and calculated t value was 6.70 found significant at the level of  $p < 0.0001$ . There was significance association between Education

Religion and Monthly income with knowledge score at the level of  $p < 0.05$ . The findings of different studies also indicate that self care practices were improved after providing education to the patients. a study conducted by Babae Beigi MA et al. the mean knowledge scores improved from  $2.77 \pm 2.7$  to  $7.99 \pm 1.78$  after 3 months ( $P < 0.001$ ). Also, the mean lifestyle scores changed from  $3.15 \pm 1.52$  to  $4.53 \pm 1.23$  ( $P < 0.001$ ) the study indicated that the educational programs were effective in increasing knowledge, improving self-management, and controlling detrimental lifestyle habits of the patients with hypertension.<sup>13</sup>

Study conducted by Ademe S et al. the mean score for hypertension self-care was  $37.7 \pm 8.2$  and 51% scored below the mean. Divorced participants (AOR=0.115, 95% CI=0.026, 0.508,  $p$ -value  $< 0.01$ ) and those who lack source of information (AOR=0.084, 95% CI=0.022, 0.322,  $p$ -value  $< 0.01$ ) were less likely to have good self-care practice. Most of the study participants reported poor self-care practices.<sup>14</sup> The education to the patient with hypertension is such a important factor to improve their self care practices related to the hypertension and it will help them to prevent further complications.

### Conclusion

Based on the analysis of the findings, the study concluded that information pamphlet was found effective to improve the Knowledge regarding self care practices among hypertensive patients.

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**Conflicts of Interest:** There are no conflicts of interest.

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