



Full Length Research Article

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE ON LIFE STYLE PRACTICES AMONG PATIENTS WITH HYPERTENSION VISITING MEDICAL OUTPATIENT DEPARTMENT IN SELECTED TERTIARY HOSPITAL, KELAMBAKKAM, KANCHIPURAM DISTRICT, TAMIL NADU, INDIA

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ABSTRACT

A descriptive research design was used to assess the level of knowledge on life style practices among patients with hypertension by using a structured self administered questionnaire. 50 hypertensive patients who met the inclusion criteria were selected by purposive sampling technique. The study was conducted in Medical out Patient department in Chettinad Hospital and research Institute. The collected data were analyzed by using the descriptive and inferential statistics. Findings revealed that 52% of the samples were 46 to 55 years , 56% were male most of the hypertensive patients were doing skilled occupation (56%). Among the sample, 94% of hypertensive patients were received the information on lifestyle Practices from health care professionals. Regarding knowledge on life style practices, 46% of hypertensive patients had adequate knowledge and 36% of hypertensive patients had moderate knowledge and 18% of hypertensive patients had inadequate knowledge. The mean is 20.58 % and SD is 1.41. The demographic variables like occupation, income, distribution of hypertension, smoking habit, alcohol consumption were found to be significant at p value 0.05 .The study concluded that Nurses are the front line health care worker need to assess the life style practices and educate the patients about the importance of change of life style practices to prevent complications and improve the health of the patient. Nurses could use multidisciplinary approach to educate and motivate the person to change the lifestyle practices.

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INTRODUCTION

Hypertension is an intermittent or persistent elevation of blood pressure (systolic pressure above 140mm Hg or diastolic blood pressure above 90 mm Hg or a systolic and diastolic pressure of 20mm Hg above the normal baseline pressure (Black et al., 2001). Hypertension is otherwise known as the silent killer which remains asymptomatic until the damage effect of it can be seen. Hypertension is a common risk factor of cardiovascular morbidity and mortality (Kearney et al., 2005). Hypertension is an important public health problem in India and leads annually to 1.1 million deaths (uncertainty index 0.9-1.3 million) (<http://www.healthmetricsandevaluation.org/search-gbd-data>). In 2000, 26.4% of adult population were recorded as hypertensive throughout the world and expected to increase by 60% by 2025 (Devika, 2005).

Life style modifications are universally accepted, not only as the first step in the management of hypertension but also as a way to prevent hypertension. In addition to lowering blood pressure, these measures can also reduce other cardiovascular risk factors. The investigators have found poor lifestyle practices among hypertensive patients during the clinical experience so the need was felt to assess the practices of hypertensive patients to highlight the extent of problem. The increase level of knowledge on life style changes will help to have desired intervention goal in people who are most motivated.

MATERIALS AND METHODS

Research Approach

Descriptive approach seems to be the most appropriate approach for the study.

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Research Design

Descriptive design was selected for this study.

Research Setting

The study conducted in the medical outpatient department, chettinad hospital and research institute, kelambakkam, kanchipuram district, Tamil nadu, India

Population

All the hypertensive patient attending medical outpatient department at chettinad hospital& research institute, kelambakkam, kanchipuram district, Tamil nadu, India.

Sample

The samples for the study are the hypertensive patients who are meeting inclusion criteria.

Sample Size

Sample size 50

Sampling Techniques

Purposive sampling technique was used to select the samples

Sampling Criteria

Inclusion Criteria

- Who are belongs to age 35 and above.
- Who are willing to participate in the study.
- Patients who are available during the time of study.
- Patients who can understand Tamil or English language.

Exclusion Criteria

- Subjects who are having renal disease.
- Subjects who are critically ill.
- Subjects who have pregnancy induced hypertension

Independent Variable

In this study the demographic variables are age, gender, educational status, occupation, family income, area of living, type of family, source of the knowledge, family history of the disease, duration of hypertension, co-morbidity like diabetes mellitus, cardio vascular disease.

Dependent Variables

The dependent variables are in this study knowledge on life style practices.

Selection of development of study instrument

As the study aimed at evaluating the knowledge on lifestyle practices by using structured Self administered questionnaire.

Description of the tool

PART 1: This structured demographic variables consist of age, gender, educational status, occupation, family income, Habitat, type of family, source of the knowledge, family history of the disease, duration of hypertension, co-morbidity.

PART 2: Structured self administered questionnaire consist of 30 questions framed to assess the Knowledge on lifestyle practices.

Ethical Consideration

The research proposal was approved by the ethical committee of the Chettinad University prior to the main study. A written permission was obtained from the DEAN and HOD of medical surgical nursing, Chettinad University. The investigators explained about the study to the hypertensive patients and obtained written consent prior to the data collection.

Plan for data analysis

Descriptive statistics like frequency distribution, percentage, mean, standard deviation and inferential statistics was used for the analysis.

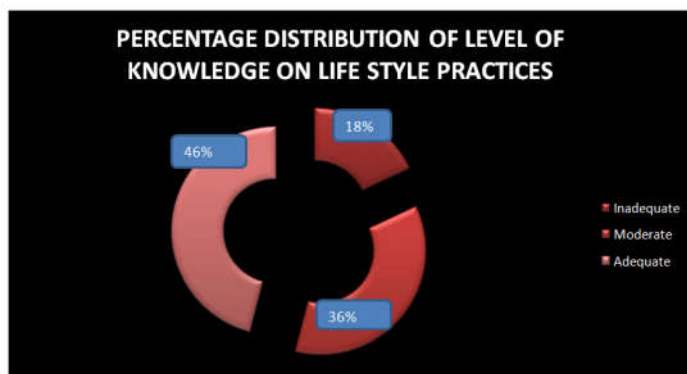
RESULTS

There was no significant association of level of knowledge regarding life style practices among hypertensive patients with selected demographic variables. It shows that maximum hypertensive patients were in the age of 46 – 55 years (52%). Majority of the hypertensive patients are male (56%). Majority of them were Hindu (84%). The socio economic data reveals that majority of the hypertensive patients belongs to the income group of >10000 (50%). Most of the samples had gained knowledge through health care professionals (94 %).

Table. 1 frequencies and percentage distribution of level of knowledge on life style practices

S. no	Level of knowledge	Frequency	Percentage %
1	Inadequate	9	18%
2	Moderate	18	36%
3	Adequate	23	46%

Percentage distribution of level of knowledge on life style practices



It showed the level of knowledge on life style practices among hypertensive patients. 18% of hypertensive patients were having inadequate knowledge, 36% of hypertensive patients were having moderate knowledge, and 46% of hypertensive patients were having adequate knowledge.

DISCUSSION

The study was done to assess the knowledge on life style practices among hypertensive patients age group above 35 years those who attending outpatient department at Chettinad health and research institute, Kelambakkam. A sample of 50 patients who fulfilled the inclusion criteria were selected for the study by using convenient sampling method. The findings were discussed.

To assess the level of knowledge on life style practices among hypertensive patients

In this study sample size was 50. The knowledge of the hypertensive patients was assessing by structured questionnaire on varies aspects of life style practices among hypertensive patients.

To associate the level of knowledge on life style practices with selected demographic variables among patient with hypertension

It showed the level of knowledge on life style practices among hypertensive patients. 18% of hypertensive patients were having inadequate knowledge, 36% of hypertensive patients were having moderate knowledge, and 46% of hypertensive patients were having adequate knowledge.

Chi – square test was used to identify the influence of demographic variables on knowledge on life style practices among hypertensive patients.

Summary

The study was conducted to assess the knowledge regarding life style practices among hypertensive patients in a selected tertiary hospital in kanchipuram district. The objectives of the study were to assess the knowledge on life style practices. The data were collected by the researcher. The methodology used for this study was a descriptive design. A sample size was 50 based on the inclusion criteria. The study was conducted in Chettinad hospital and research institute. A convenient sampling technique was used to collect the samples. The tool used for this study was a structured questionnaire. The data collection was done for a period of 1 week (2.2.16 – 6.2.16). The sample age group is above 35 years was selected using the convenient sampling technique.

The purpose of the study were explained to the samples and assured the confidentiality. Information was assessed. The data were collected. It took 10 – 15 minutes to collect data from each sample. The investigator had given the self administered questionnaire. The collected data were analyzed and interpreted in terms of objectives using descriptive and inferential statistics. The data were analyzed and tabulated.

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