

A Study To Assess The Effectiveness of Structured Teaching Programme on Hypertension Among The Patients With Hypertension Attending Urban Health Center At Chidambaram Taluk

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Keywords- Hypertension,

I. INTRODUCTION

Hypertension is the 'iceberg' disease, which became evident in the early 1970. Hypertension is the most prevalent chronic disease, a major public health problem and rapidly increasing among both the urban and rural populations in India.

Hypertension is a condition characterized by an increase in the arterial pressure of the individual. It is the commonest cardio vascular disease all over the world and constitutes an important risk factor for the cardio vascular deaths. (Suryakantha A H 2010)

II. OBJECTIVES

- 1) To assess the knowledge, attitude and knowledge on practice regarding hypertension among the subjects before the intervention.
- 2) To identify the life style practices adopted by the subjects for the past 6 months.
- 3) To assess the effectiveness of structured teaching programme in terms of knowledge, attitude and knowledge on practice regarding hypertension among the subjects.
- 4) To co- relate the knowledge on hypertension with life style practice of the subjects.
- 5) To find out the association between the pretest knowledge level on hypertension with selected demographic variables of the subjects such as gender, age, education, family monthly income, and religion.

III. RESEARCH METHODOLOGY

One group pretest- post test design was used to collect data among 50 samples using convenient sampling technique, after obtaining informed consent. Pre structured

questionnaire was used to assess their knowledge, attitude knowledge on practice and life style practice for patients with hypertension. Structured teaching programme was conducted on the same day and post test was conducted after 7 days of intervention using same tool.

IV. RESULT

COMPARISON OF MEAN PRETEST AND POSTTEST KNOWLEDGE, ATTITUDE AND KNOWLEDGE ON PRACTICE SCORE ON HYPERTENSION AMONG THE SUBJECTS

(N=50)

Variables	Pretest		Posttest		One way Anova repeated measure	
	Mean	Standard deviation	Mean	Standard deviation	't' value	'P'
Knowledge	13.6	2.96	21.6	2.53	-13.714	<0.001(a)***
Attitude	29.0	6.4	41.0	2.5	-7.678	<0.001(a)***
Knowledge on Practice	5.4	1.41	7.2	0.7	-14.202	<0.001(a)***

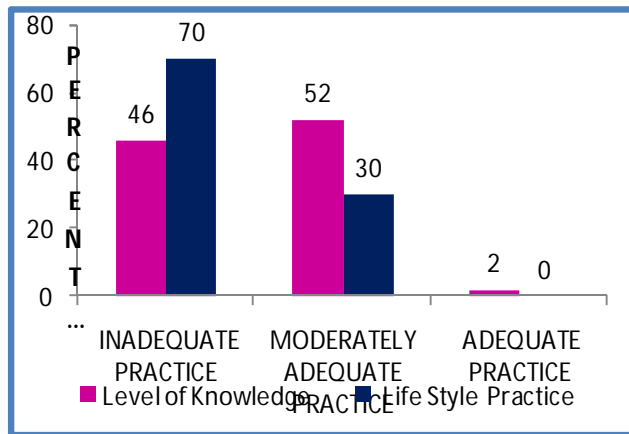
S****=highly significant

Table: 1 shows the mean knowledge score in the pretest and post test. The mean knowledge score was found to be 13.6, 21.6 for the pre test and post test respectively. The mean attitude score was 29.0 and 41.0 in the pre test and post test respectively. The mean practice score was 5.4 and 7.2 in the pretest and posttest respectively. One way ANOVA repeated measure test was applied to compare the two mean values. The significant 'p' value refers that the mean knowledge, attitude and practice score were statistically different for the pre test and post test. The knowledge, attitude and practice level was increased in pre test and post test. The 'p' value showed that statistically significant difference at P < 0.001 level.

COPMARISON OF LEVEL OF PRETEST KNOWLEDGE ON PRACTICE AND LIFE STYLE

PRACTICE ABOUT HYPERTENSION AMONG SUBJECTS

(N= 50)



The result showed that comparison of life style practice and pre test knowledge of hypertension. Life style practice indicates 35 (70%) of the subjects had inadequate practice and 30% moderately life style practice and none of them followed the adequate life style practice. In the pretest, 23(46%) of the subjects had inadequate knowledge, 26(52%) subjects had moderately adequate knowledge and 1(2%) of the subjects had adequate knowledge regarding hypertension.

V. CONCLUSION

The results revealed that the patients, with hypertension, had inadequate knowledge, unfavorable attitude and inadequate knowledge of practice on hypertension before the intervention. But after the structured teaching programme (intervention) there was a significant improvement among the subjects on knowledge, attitude and knowledge on practice regarding hypertension. Therefore, it is evident that the structured teaching programme was effective in improving the knowledge, attitude and knowledge on practice of the subjects to control and prevent the complications of hypertension.

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