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Research Article

ASSESSMENT OF KNOWLEDGE AND PRACTICES IN NON-WORKING WOMEN REGARDING HYPERTENSION VISITING OPD IN LAHORE GENERAL HOSPITAL, LAHORE

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Article Received: July 2021**Accepted:** August 2021**Published:** September 2021**Abstract:**

Objective: To assess the knowledge and practices in non-working women regarding hypertension visiting OPD in Lahore General Hospital Lahore.

Methods: A cross sectional descriptive study was conducted on 200 patients presenting to the medical outpatient department of Lahore General Hospital during Jan 2019 to March 2019. Research investigators were deputed as focal persons to brief the volunteers about the content and purpose of the study. A self-structured questionnaire was prepared after input from the subject experts. Socio demographic data and the response to the various variable associated with the hypertension was recorded. Results were analyzed by SPSS 21.

Results: The age of patients ranged from 20 years to 60 years with mean age of 40 years and median age of 37.5 years. 62% of the participants were males. Only 8% knew the correct values for labeling hypertension >130/80mmHg, 6% stated that they were getting their blood pressures checked on daily basis. **Conclusion:** The study concludes that a significant proportion of hypertensive patients in our society possess inadequate knowledge and practices regarding hypertension.

Keywords: Hypertension, Knowledge, Practice, Awareness.

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INTRODUCTION:

Hypertension usually remains symptomless in its early course leading to fatal complications such a stroke if remains undiagnosed. It is one of the modifiable risk factors for the cardiovascular disease and primes reasons to seek medical advice [1–4]. Good blood pressure control has been known to increase life expectancy [5-6]. Increasing the level of awareness regarding the benefits of blood pressure control is associated with reduced morbidity and mortality. Past data show the dearth appropriate knowledge and awareness among the people regarding hypertension [7].

People having poor control of their elevated blood pressures can be educated by focused approach. Hypertension is also considered as an index of standard of a health care system [8]. Studies have shown that there exists visible difference between the evidence based and actual practice of the treating physicians [9,10]. Most of the hypertensives do not understand the positive outcome of a regular follow up or example study conducted 29.05% of the medical students were found to be hypertensive at the time of entry test which reduced to 2.24% in long term follow up. [11]. According to the latest JNC guidelines blood pressure greater than 130/90 is labeled as hypertension. Previously (JNC-7) reported that 50 million Americans were found to be hypertensive (140/90 mm Hg); of which only 70% were aware of their diagnosis. [12] routine domiciliary monitoring combined with telephonic consultation has shown

RESULTS:

good results in uncontrolled hypertensives [13]. Through public awareness programs and preventive health campaigns more than 75% of Americans are aware of their target goal of blood pressure. More targeted approach and identification of the high risk groups can lead to better outcomes [14,15]. Considering the burden of the disease and its fatal complications this study was conducted to assess the knowledge and practices in non-working women regarding hypertension visiting OPD in Lahore General Hospital Lahore.

METHODS:

A cross sectional descriptive study was conducted on 200 patients presenting to the medical out-patient department of Lahore General Hospital during Jan 2019 to March 2019. After seeking formal permission from the ethical review committee of the Ameer ud Din Medical College/Lahore General Hospital Lahore. Informed consent was taken from all the participants. Research investigators were deputed as focal persons to brief the volunteers about the content and purpose of the study. A self-structured questionnaire was prepared after input from the subject experts. Socio demographic data and the response to the various variable associated with the hypertension was recorded. People having age between 20-60 years having no other morbidities were included. Confidentiality and privacy was maintained throughout the study. Results were analyzed by SPSS 21.

Table.1 Socio demographic data of the participants

Characteristics	Frequency (n)	Percentage (%)
Age Years		
20-29	40	20
30-39	48	24
40-49	72	36
50-59	40	20
Gender		
Male	144	62
Female	76	38
Qualification		
Uneducated	44	22
Primary	76	38
Secondary	44	22
Intermediate	20	10
Bachelors	16	08
Occupation		
Daily Wager	70	35
Private Job	72	36
Government Job	02	01
Unemployed	56	28
Monthly income PKR		
<25,000	88	44
25,000-50000	72	36
>50,000	40	20
Residence		
Urban	116	58
Rural	84	42

36% of the participants were having age 40-49 years, 62 % were male, 38% had attained primary level of education, 36% were doing private jobs as a source of income, 44 % had a monthly family income of less than 25,000 PKR and 58 % belonged to the urban population of Lahore. (Table.1)

Table.2 Knowledge and practices of the participants regarding hypertension

Items	Frequency (n)	Percentage (%)
What Blood Pressure reading is called as hypertension?		
>120/80mmHg	04	02
>130/80mmHg	16	08
>130/90mmHg	26	13
>140/90mmHg	34	17
>150/100mmHg	120	60
Does increased salt intake also increases blood pressure?		
Yes	172	86
No	28	14
What is the role of smoking on blood pressure?		
Increases	156	78
Decreases	44	22
Are carbonated drinks good for hypertensive patients?		
Yes	144	72
No	56	28
Do you know the meaning of DASH diet?		
Yes	08	04
No	192	96
Are bananas and ground nuts good for hypertensive patients?		
Yes	132	66
No	68	34
Is stroke a complication of uncontrolled hypertension?		
Yes	174	87
No	26	13
How often do you check your blood pressure?		
Daily	12	06
Weekly	30	15
Monthly	56	28
When the problem arises	102	51

According to the above statistics 60% of the participants viewed hypertension as blood pressure >150/100mmHg, 86% believed that salt intake is linked with causing an increase in blood pressure, 78% thought that smoking causes hypertension, whereas 72% considered carbonated lime drink in water as an effective home remedy for treating hypertension. 66% of the participants believed that bananas and ground nuts are good for treating hypertensives. 87% recognized stroke as a complication of uncontrolled hypertension. Only 6% stated that they were getting their blood pressures checked on daily basis.

DISCUSSION:

It has been observed that only 8% participants knew the correct values for labeling a person as hypertensive whereas in the west 82% know the meaning of hypertension, while 90% high blood pressure patients know that normalization will improve their health [16]. It was noticed that the elderly and those with high level of education were better able to answer the correct answers. It has been observed. The main source of awareness and information in the participants were a close relative and friend followed

by doctor, television and newspaper [17]. According to a study conducted by Safdar s, et al; the prevalence of hypertension was 26% in less developed areas of Karachi out of which 34 % were males and 24% comprised of female population. Dedicated and trained professional doctors are better able to treat and achieve target blood pressure goals for their patients under the supervision of the health department. [18,19]. Nudrat N and et al found that young patients had better awareness and compliance than those greater than 65 years of age [20]. Report from Greek, Efstratopoulos shows that hypertension is linked to cardiovascular health and proper awareness can lead to better clinical outcomes [21]. High cholesterol levels were found in about 50% of hypertensive patients doubling the risk for myocardial injury [22]. In India 22.1% people are hypertensive and out of which only 20% are aware of their disease and are following their prescriptions [23]. There is an evident dearth of knowledge and awareness due to the inadequate standards of education. Hence there exists a large vacuum to be filled by comprehensive awareness campaigns monitored by primary and secondary health care department for the prevention of non-communicable diseases in our community so that the impending burden of undiagnosed, untreated, uncontrolled and non-compliant hypertensives can be tackled.

CONCLUSION:

The study concludes that a significant proportion of hypertensive patients in our society possess inadequate knowledge and practices regarding hypertension.

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