"A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Care of Hypertension Among Hypertensive Clients At Selected Urban Community of Davangere"

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ABSTRACT

Introduction: High BP means that the heart is working harder than normal; putting both the heart and the blood vessels under strain-High BP may contribute to myocardial infarction, stroke, renal failure and atherosclerosis. Risk factor for hypertension includes obesity. African American Heritage, psychological stress, oral contraceptives and smoking. The aging process affects hypertensive tendencies.

Material and method: Quesi-experimental approach was adapted for this study. A total of 50 hypertensive clients were selected by purposive sampling method. The study was adopted one group pre test - post test design. Data were collected by using structured questionnaire method. Impact knowledge to hypertensive client by using structured teaching programme.

Result: It is evident from the data presented in the table that the calculated value (18.9) was greater than table value 201. Hence null hypothesis was rejected and research hypothesis was at 0.05 level of significance.

Conclusion: This chapter deals with description of study findings, implication for nursing practice, nursing education and nursing search, limitation of the study and suggestions. The following conclusions were drawn on the basis of findings of the study.

Keyword: Effectiveness, knowledge, hypertension, urban community.

INTRODUCTION

"He who has health, has hope, and he who has hope, has every things". An Arabian Proverb]

Hypertension is sustained elevation of BP. In adults, hypertension exists when systolic blood pressure (SBP) is equal to or greater than 140 mmHg or Diastolic Blood Pressure (DBP) is equal to or greater than 90 mmHg for extended period of time. High BP means that the heart is working harder than normal; putting both the heart and the blood vessels under strain-High BP may contribute to myocardial infarction, stroke, renal failure and atherosclerosis. The aging process affects hypertensive tendencies. Hypertension occur at on earlier age in men than in women until both sexes reach the age of sixty familial factors also play a part in hypertension as a client whose parents had hypertension is at a higher risk.

Hypertension can be defined as a persistent level of blood pressure in which the systolic pressure is above 140 mmHg and the diastolic pressure is above 90 mmHg. In elderly population hypertension is above 160/90 mmHg." Hypertension refers to a condition of elevated blood pressure.

NEED FOR THE STUDY

"Teach patients, save life" Hypertension is a worldwide epidemic with an estimated 650 million people having high blood pressure. The prevalence of high blood pressure among citizens of the United States and Canada is 20.4% and 22% respectively in the United States. 50 million people (one out of the four adults) either have elevated BP or taking antihypertensive medication.

In India one third of adult have undesirable blood pressure 40% of men and 50% of women are

overweight, a third have undesirable lipid profile 45% of men and 70% of women have low level of HDL cholesterol. This increased the risk of heart disease 10% have metabolic syndrome. 15% of men and 7% of women have two of the following hypertension, diabetes, and dyslipidemia.

BACKGROUND OF THE STUDY

WHO reports that 1 out of every 3 deaths in India is due to heart disease. Amongst several risk factors associated with this growing menace, hypertension or high blood pressure. World health organization (WHO) has projected that by 2020, India will be the diabetes capital of the world. WHO has alerted that in coming days hypertension will start spreading like an epidemic if not controlled now. Hypertension, diabetes and obesity are the three risk factor.

STATEMENT OF THE PROBLEM:

"A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Care Of Hypertension Among Hypertensive Clients At Selected Urban Community Of Davangere"

OBJECTIVES:

- 1) To assess the knowledge on care of hypertension among hypertensive client through knowledge questionnaire by pretest.
- 2) To prepare and introduce structured teaching program on knowledge regarding care of hypertension among hypertensive clients.
- 3) To find out the effectiveness of structured teaching program on care of hypertension through knowledge questionnaire by post-test.
- 4) To determine the association between pre-test knowledge score and selected demographic variables.

ASSUMPTIONS:

The client with hypertension has inadequate knowledge regarding care of hypertension in urban community. Structured teaching programme enhance teaching and learning activity

HYPOTHESIS:

Both the hypothesis will be tested at 0.05 level of significance.

H1: the mean post test knowledge score of subject will be significantly higher than their mean pretest

knowledge score

H2: there will be significant association between pre test knowledge score and selected demographical variables.

METHODOLOGY:

Quasi-experimental approach was adapted for this study. A total of 50 hypertensive clients were selected by purposive sampling method. The study was adopted one group pre test - post test design. Data were collected by using structured questionnaire method. Impact knowledge to hypertensive client by using structured teaching programme.

RESULTS:

Mean, SD of difference, Median and 't' value of pre-test and post-test knowledge scores

Parameter	Mean	Median	SD of difference	t value
Pre-test	13.1	13	0.4	18.9
Post-test	24.6	24		

$t^{29} = 1.699, p < 0.05$ * Significant

it is evident from the data presented in the table that the calculated value(18.9) was greater than table value 201. Hence null hypothesis was rejected and research hypothesis was at 0.5 level of significance. The mean difference between pre test and post test knowledge score was a true difference and not a chance difference. This indicates that structured teaching program was effective in increasing the knowledge on care of hypertension.

Fig. Pre and Post test Knowledge Score

CONCLUSION:

This chapter deals with description of study findings, implication for nursing practice, nursing education and nursing search, limitation of the study and suggestions. The following conclusions were drawn on the basis of findings of the study.

- 1) The pre-test and post-test knowledge score of subjects ranged between 9-18 and 19-29 respectively.
- 2) The mean pre-test knowledge score was 13.1 and mean post-test knowledge score of subjects was 24.6 with mean difference 11.5.
- 3) The mean post-test knowledge score was found to be significantly higher than mean pre-test knowledge score at 0.05 level of significance ($t_{49} = 2.01 - P < 0.05$).
- 4) There was no significant association between pre-test knowledge score of subjects and demographic variables.

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