



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF STROKE AMONG HYPERTENSIVE PATIENTS IN GENERAL WARD AT NIMS HOSPITAL, NEYYATTINKARA

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ABSTRACT

A Non-experimental descriptive research design used to assess the knowledge regarding prevention of complications of hypertension among patients with hypertension admitted in NIMS hospital, Neyyattinkara. The knowledge assessment was conducted among 30 patients using structured questionnaire. A pamphlet on prevention of complications of hypertension was given to each patient to improve their knowledge. The data was analyzed by using frequency, percentage, Mean, Standard deviation, Paired t test, Chi square test. The study revealed that 90% of patients have adequate knowledge, 10% have average knowledge regarding prevention of stroke among hypertensive patient. Paired t test value with 58 degrees of freedom at 0.05 level of significance is 9.83 which is greater than table value 2.00 Hence the research hypothesis is accepted. There will be a significant difference between pretest and posttest knowledge regarding prevention of stroke among patients with hypertension. This indicates the structured teaching program was effective in increasing knowledge regarding prevention of stroke among patients with hypertension.

KEYWORDS : Assess, level of knowledge, prevention of stroke, hypertensive patient

INTRODUCTION

hypertension is a common disorder characterized by sustained elevation of BP. Hypertension, also known as high blood pressure, is a long-term medical condition in which the blood pressure in the arteries is persistently elevated.

Hypertension has become a systemic disease with more incidence and prevalence rate among the modern generation. Dietary and lifestyle changes can lower blood pressure and decrease the risk of health complications. Hypertension is the most important preventable risk factor for premature death worldwide. It increases the risk of ischemic heart disease, stroke, peripheral vascular disease, and other cardiovascular diseases, including heart failure, aortic aneurysm diffuse atherosclerosis, chronic kidney disease.

Stroke is a global health problem; it is the second common cause of death and fourth leading cause of disability worldwide. The burden of stroke in India is increasing due to urbanization, sedentary lifestyle, smoking, alcoholism, high fat diet and obesity.

Hypertension is a major cause of premature death worldwide. WHO (2021) estimated that 1.28 billion adults aged 30-40 years worldwide have hypertension most (two-third) living in low- and middle-income countries. Globally high blood pressure is estimated to cause 7.1 million deaths about 13% of the total patients. Only about 12% people with hypertension in India have their blood pressure under control.

The World Health Organization statistics (2019) reports that one in three adults has raised blood pressure \pm a condition that causes around half of all deaths from stroke and heart disease. WHO (2015) estimates, that by 2050, 80% stroke cases in the world would occur in low- and middle-income countries mainly India and China. This is the reason why India has now come out with national guidelines for stroke management.

A global health problem stroke contributes heavily to morbidity, mortality and disability both in developed and developing countries. In developing countries like India are facing a double burden of communicable and noncommunicable diseases. The estimated adjusted prevalence rate of stroke range 84,262/1,00,000 in urban areas. There is also a wide variation fatality rate with the highest being 42% in kolkata. The male to female ratio was 1.7

around 12% of all stroke occurred in population below 40 years.

Dr. Swapna Mary (2022) had conducted a pretest posttest study on knowledge regarding prevention of stroke among 60 hypertensive patients in selected hospitals at Bangalore. It shows 41 (68.3 percent) of the respondents had inadequate knowledge, 19 (31.7 percent) had moderate knowledge and none had adequate knowledge.

Hence the researcher felt the need to assess the effectiveness of a structured teaching program on knowledge regarding prevention of stroke among hypertensive patients.

MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study is descriptive research design. This study was conducted in the medical ward at NIMS hospital, Neyyattinkara. The sample of the study comprises of 30 hypertensive patient. Written permission will be obtained from the concerned authority of the NIMS hospital at Neyyattinkara, and assent will be obtained from the hypertensive patient. Convenient sampling technique will be used to select 30 subjects. The investigator will introduce herself to the participants and objectives of the study will be explained to them. The self-structured questionnaire will be distributed to the subjects to identify the knowledge on prevention of stroke. The data obtained were analyzed by using descriptive and inferential statistics.

RESULTS

Section 1: A questionnaire for demographic variables

- With regards to age in years, a majority (73.33%) of hypertensive patients were in the age group of 56-65 years.
- According to education, a majority (60%) of hypertensive patients had primary education.
- With regards to occupation, a only (16.66%) of hypertensive patients were government job.
- With regards to type of family, a 100% of hypertensive patients belongs to nuclear family.
- Majority of samples 19(66.33%) have family history of Hypertension.
- Majority of samples 30 (100%) undergone hypertension treatment.

Section 2: Level of knowledge on prevention of stroke among hypertensive patient

- Only 6.66% have good knowledge, 33.34% have average knowledge and 20% have very poor knowledge before implementing structured teaching program
- Most of them, that is 90% have adequate knowledge after implementing structured teaching program

Table shows Frequency and percentage distribution of score Level of knowledge on prevention of stroke among hypertensive patient in NIMS Hospital, Neyyatinkara

Level of knowledge	Pretest		Post test	
	frequency	%	frequency	%
Very poor (0-5)	6	20	0	0
Poor(5-10)	12	40	0	0
Average(10-15)	10	33.34	4	13.33
Good(15-20)	2	6.66	26	86.67

Section 3: Association between the level of knowledge on prevention of stroke among hypertensive patient and their selected demographic variables.

- The chi square value revealed that there is no significant association found between pretest score and post test score with their demographic variables

DISCUSSION

Percentage distribution was used to determine the distribution of samples according to the demographic variables. The pretest and posttest value shows there is significant improvement in knowledge after structured teaching program. Chi-square test was used to find out the association between the level of knowledge on prevention of stroke and their selected demographic variable. It reveals that there is no association between the knowledge and their selected demographic variables.

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