ORIGINAL RESEARCH PAPER

Nursing Science

A STUDY TO ASSESS THE LEVEL OF RISK FOR HYPERTENSION AMONG NURSING OFFICERS WORKING IN ESIC MEDICAL COLLEGE AND HOSPITAL. KALABURGI, KARNATAKA

KEY WORDS: Risk for Hypertension, Nursing Officers

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ABSTRACT

Hypertension is a serious disease with increasing worldwide prevalence leading to life threatening complication. Hypertension, a major public health concern, affects over 1.28 billion people globally. The worldwide prevalence of hypertension in adults is estimated to be around 30-40%. In India, the prevalence is about 29.8%, with increasing rates in both urban and rural populations. Since the nursing officials are the backbone of any health care system, the researchers felt that the nursing officials go through tedious or hard work pattern; they also felt that it would be beneficial to know their risk of developing hypertension among them. **Objectives:** to assess the level of risk of hypertension among the nursing officers and to find the association between the level of risk for hypertension and selected demographic variables. **Methodology:** A non evaluative descriptive research approach was adapted to collect the data, by the Self Administered hypertension risk assessment tool. The conveniently selected sample of 60 Nursing officers working in ESIC Medical College and hospital, Kalaburgi, Karnataka. **Results:** The major findings of the study showed that the overall Mean percentage was found to be 55.73% and the overall Mean Score for. hypertension risk score was 26.75± SD. And Majority i.e 73.33% of the Nursing officials are at Moderate risk for hypertension. It can be concluded that Nursing officers working in ESIC Medical College and hospital Kalaburgi comes under moderate risk for hypertension, where risk reduction educational interventions to be implemented and evaluated

INTRODUCTION

With the rapid development of society and economy, changes in life style and the ageing of population, hypertension has become one of the most important public health issues in the world. Its complications are associated with high morbidity and mortality, as well as high rate of consumption of medical resources. [1] Hypertension is a serious disease with increasing worldwide prevalence leading to life threatening complication. Hypertension, a major public health concern, affects over 1.28 billion people globally. The worldwide prevalence of hypertension in adults is estimated to be around 30-40%.[2] In India, the prevalence is about 29.8%, with increasing rates in both urban and rural populations. Karnataka has 25% women and 26.9% man in the above 15 age group who have Hypertension. While 21.3% of women and 24% of men aged above 15 have hypertension in country, Karnataka has 25% women and 26.9% men in the same age group (above 15) who have Hypertension.[2]

Nursing is a vital profession in healthcare, focused on providing holistic care to sick patients. Nurses play a critical role in hospitals by delivering patient-centered care, coordinating treatment plans, and ensuring safety through vigilant monitoring. Their expertise enhances patient outcomes, supports recovery and fosters a compassionate environment, making them indispensable to healthcare teams. The work pattern of the nursing official is too dynamic. They may have to take any kind of medical emergencies, they need to be ready any time and they will be exposed to lot of stress and strain as a result of working pattern. [3] Nurses are faced with varying job stressors depending on their positions and duties. Nursing is considered as highly stressful occupation, and high work stress is a long term problem in the health care industry. [4] Job stress is defined as "a set of psychological factors experienced by workers due to heavy working condition, generated as composite experiences at different levels within a organization"[3] Some of other factors affecting job stress include poor support from supervisors and co-workers, lack of role clarity, low level of control etc. Stress at work places that may predispose nurses to Hypertension are: long working hours, shift duties, lifting a heavy patient and number of duties after long night shift, lack of time to care themselves etc. As the nursing officers are the backbone of any health care system, the researchers felt that the nursing officers go through tedious or hard work pattern. Hence the researchers felt the need of ascertaining the level of risk for developing hypertension among them.

Objectives

1) To assess the level of risk of hypertension among the nursing officers working at ESIC Medical College And Hospital Kalaburgi.
2) To find the association between the demographic variables and level of risk for hypertension among the nursing officers working at ESIC Medical College And Hospital Kalaburagi.

METHODOLOGY

The investigator used a non evaluative descriptive survey approach to assess the level of risk for hypertension among nursing officers working in ESIC medical college and hospital, Kalaburgi Karnataka. The study adapted a non descriptive survey design and convenient sampling technique was used to select the samples. The following tools where used to collect the data : Section 1- Baseline performance & Section 2 – Hypertension risk assessment tool, which includes Biophysical parameters and General high risk factor.

The content of the tool was validated by five experts in the field in the field of Community Health Nursing and Medical surgical Nursing. And for the reliability, test re-test method was done on ten samples. The value of Spearman Brown Prophecy formula was 0.92 which is suggestive that the tool is reliable

RESULTS

Demographic Data: The result shows that the majority that is 66.8% of the samples were of 30-35 Years of age, 21.6% of the samples were of 36-40 years of age, 5% of samples were of 41-45 years of age and 6.65 of samples were above 45 years of age. In terms of gender, majority 56.66% of samples were male and 43,4% of samples were female nursing officers. Among 60 samples, the majority 71.66% of samples qualification is B.Sc Nursing, 16.66%of samples qualification is M.Sc and 11.66% of samples qualification is GNM. With regard to years of experience, 71.7% of Nursing officers have >5 years of experience and 28.3% of Nursing Officers have <5 years of experience. In the light of critical areas, 51.66% of samples are working in General ward and 48.4% of samples

are working in Critical areas.

Level Of Risk

Table 1: Distribution Of Samples Based On Level Of Risk For Hypertensio

Sl. No	Level of risk	Frequency	Percentage
1	Low risk	14	23.4%
2	Moderate risk	44	73.3%
3	High risk	2	3.3%

Table 1 suggests that majority of the population that is 73.3% is at moderate risk for hypertension ,23.4% is at low risk and 3,3% is at high risk. The mean Hypertension risk score is is 26.75, mean percentage 55.75%with standard deviation 3.36 and range varies from 20 to 37.

Table 2: Association Between Level Of Risk For Hypertension And Selected Demographic Variables

Demographic Variables	Low risk	Moderate to high risk	Chi-square vale	Inference
1. Age				
30-40year	13	40	0.36*	NS*
>40 year	01	06		p>0.05
2.Gender				
Male	10	26	1.98*	NS*
Female	03	21		p>0.05
3.Year of Experience				
<5 years	02	14	0.83*	NS*
>5 years	10	33		p>0,05
4. Area of Posting				
Gereral ward	09	23	0.37*	NS*
Critical ward	06	22		p>0.05

The data in the table 2 reveals that, there is no association between the level of risk for hypertension and selected demographic variables like age, gender, year of experience and area op posting

DISCUSSION

The results of the current study found to be consistant with the results of the studies conducted by Mereset Molla Asemu in Ehopia, Khaled M Abd Elaziz in Egypt, R Sarika in Pallallaram, Abdalla Ahamad Ali in Khartoum. All the results suggests that the samples are at moderate risk for developing Hypertension.

The findings of the current study found to be contradictory with the result of the study conducted by Sim Babee & Akbar Hassan at Khoor and Bibanak. The findings suggested the Rural Residents have better practices in reduction of risk factors for Hypertension than the Nursing Officers. This contradictory result may be as aresult of change in the sample size i.e in the current study the sample size is 60, where is in the other study it is 234.

CONCLUSION

Overall finding reveals that the nursing officers working in ESIC Medical College and hospital Kalaburgi are at moderate risk for Hypertension. There was no significant association observed between level of risk of hypertension and socio demographic variables such as age, gender, designation, Marital status, qualification, years of experience and area of posting

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