A study to evaluate the effectiveness of health promotion program on knowledge, attitude, life style practices and bio-physiological parameters of hypertension among hypertensive patients residing in selected urban community areas, Bangalore.

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ABSTRACT

In India, hypertension is the leading NCD risk and estimated to be attributable for nearly 10 per cent of all deaths. Adult hypertension prevalence has risen dramatically over the past three decades from 5 per cent to between 20-40 per cent in urban areas and 12-17 per cent in rural areas. The number of hypertensive individuals is anticipated to nearly double from 118 million in 2000 to 213 million by 2025. It is estimated that 16 per cent of ischemic heart diseases, 21 per cent of peripheral vascular diseases, 24 per cent of acute myocardial infarctions and 29 per cent of strokes are attributable to hypertension, underlining the huge impact effective hypertension prevention and control can have on reducing the rising burden of cardiovascular diseases. Nurses play a critical role in caring for people with cardiovascular disease and nurse-coordinated programs have been shown to improve clinical outcomes.

Objective: The present study was carried out to evaluate the effectiveness of health promotion program on knowledge, attitude, life style practices and bio-physiological parameters of hypertension among hypertensive patients residing in selected urban community areas of Bangalore.

Material and methods: The study was conducted among 200 hypertensive patients (Control group -100, Experimental group -100) who were chosen by purposive sampling techniques.
Structured self-reported knowledge questionnaire, Likert attitude scale, and modified health promotional life style profile were used to measure the knowledge, attitude and lifestyle practices of hypertensive patients. Bio physiological parameters were assessed by blood test and anthropometric assessment. All the measurements were carried out once before the Health promotion programme (HPP) and twice after administering the HPP.

**Results:** Most of the baseline variables among hypertensive patients were homogenously distributed in control and experimental group.

In pre test, majority of the sample in both groups (control-92%, experimental-84%) had inadequate knowledge and 8% in control group and 16% in experimental group had moderate knowledge related to hypertension. None of them in control and experimental groups had adequate knowledge. HPP was found to be effective in improving the knowledge of hypertensive patients related to hypertension in experimental group ($t=25.855$, $p < 0.01$).

In pre test, 99% in control and 94% in experimental group did not have favourable attitude, 1% and 6% in control and experimental groups respectively had highly favourable attitude towards lifestyle practices of hypertension.

Post assessment measurements showed that HPP was effective in developing a positive attitude towards Hypertension among hypertensive patients in experimental group ($t = 98.417$, $p = < 0.01$).

The present study noted that 100% of the patients in control group and 100% in experimental group had unhealthy lifestyle practices and in post test 73% of experimental group had very healthy practices and 27% had healthy practices.

There was also a significant change in the lifestyle practice of patients with hypertension who received HPP ($Post I, t = 16.557$, $p = < 0.01$) and in post test II ($t = 18.410$, $p = < 0.01$).
There was a strong significant association \( (p < 0.01) \) found between age and life style practices, and \( (p < 0.05) \) education with life style practices, DBP with Educational status. Bio-Physiological variables “Diastolic BP and Triglyceride” are positively correlated with “Knowledge Scores”.

**CONCLUSION.**

It is clear from the results of the study that hypertensive patients have inadequate knowledge, negative attitude, unhealthy practices, and unfavorable bio-physiological parameters. A positive outcome of the study findings indicates that educational intervention significantly desirable effects on lifestyle modification and BP control. Therefore, they should become an integral part of management of the patients with hypertension. On the other hand, HTN control in our hypertensive population was found to be less than that reported in many other countries. Thus public educational program for promoting HTN awareness and lifestyle modification is an urgent need. **Health promotion programs can provide a holistic approach to meeting the very diverse needs of hypertensive patients.**