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Assessment of Knowledge, Attitudes and Practice of General Public Attending El Shohada Primary Health Care Unit Regarding Hypertension

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Abstract: Hypertension a silent killer is a major risk factor for cardiovascular disease worldwide and is one of the most important reasons to visit to physician. Hypertension leads to various complications as increased risk of stroke. Good control of blood pressure will result in prolonged survival. Increasing the knowledge, awareness, and control of hypertension will reduce morbidity and mortality. Studies show that many patients did not have appropriate knowledge about hypertension. Hypertension, referred to as high blood pressure, is a condition in which the arteries have persistently elevated blood pressure. The normal level for blood pressure is below 120/80, where 120 represent the systolic measurements and 80 represent the diastolic measurement. Blood pressure of 140/90 or above is considered hypertension. Though the exact causes of hypertension are usually unknown,there are several factors that have been highly associated with the condition. These include smoking, obesity or being overweight, being obese as a child, diabetes, lack of physical activity, aging, socioeconomic changes favoring sedentary habits, alcohol consumption, and high levels of salt intake. There is no guarantee that a person with hypertension will present any symptoms of the condition. About 33% of people actually do not know that they have high blood pressure, and this ignorance can last for years. For this reason, it is advisable to undergo periodic blood pressure screenings even when no symptoms are present. Hypertension speeds up brain aging!! As young and middle aged people with high blood pressure have a higher risk of accelerated brain aging, scientists from the University of California Davis reported in The lancet (November 2, 2012 issue). To achieve the good control of blood pressure, the programs like national public health programs and initiatives such as the National High Blood Pressure Education Programs as in U.S are required15. Considering the high morbidity and mortality due to hypertension, and knowing that if a patient has knowledge about the disease, patient will be more careful about the management, and a better control can be achieved.

Key Words: *Hypertension, Knowledge, Attitude, Practice, Awareness.*

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I. AIM OF THE STUDY

To contribute to reduction of prevalence and complications of hypertension through assessing the public knowledge about the disease.

II. METHODOLOGY

The descriptive cross sectional study was carried out on 119 persons all of them are above 20 years old in the months of November 2014 to April 2015. The study is conducted to assess knowledge, attitudes and practice of general public attending el shohada primary health care unit in Ismailia towards hypertension.

III. RESULTS

119 person were enrolled in this study 70 (58.82%) of them are females and 49 (41.18%) are males. Their ages ranged from 20 years to 75 years. (8.4%) of population sample are illiterate,(2.5%)had primary education,(36.1%) had secondary education and (52.9%) had higher education . (20.2%) of the sample size are single, (78.2%) are married and 1.7%are widowed. The sample reveals that 99 persons (83.2%) of population sample know what the hypertension is while 20 persons (16.8%) of population sample didn't know the hypertension!(10.9%) of the population sample said that they were suffering from Hypertension, (53.8%) of them said that they weren't suffering from Hypertension and (35.3) didn't know if they are suffering from hypertension or not. 64 persons (53.78%) of the sample size thought that high hypertension is genetic disease and 55(46.22%) not. 62 persons(52.1%) ofthe sample size thought that Young

adults don't get Hypertension but 57 (47.9%) don't. 88 Persons (73.95%) thought that Blood Pressure is high when it is at or over 140/90 mm Hg and 31(26.05%) don't. 97 persons (81.51%) thought that there is a relation between the weight and hypertension, they thought that the overweight people are 2 to 6 times more than the normal people to develop hypertension. 100 persons (84.03%) thought that practice exercises regularly is reducing the risk of having high blood pressure. 102 persons (85.71) thought that hypertension is a women's problem while 17 (14.29%) didn't think that. (17.65%) of the population sample thought that the stress is the most serious reason for Hypertension, (10.08%) thought that getting old is the reason to have Hypertension, (7.56%) thought that the salty food is the reason, but (64.71%) thought that all of those reasons cause Hypertension. (32.77%) of the population sample got information about hypertension from TV and radio, and (44.54%) get information about hypertension from health workers, news papers, journals and other sources.(62.2%) of the population sample thought that Diabetes causes hypertension which mean that they thought that if the person had diabetes, he must have hypertension, and (37.8%) didn't think so.(58.82%) of the population sample thought that Hypertension had serious complications, (11.76%) didn't think that, (21.01%) thought that may be hypertension had complications and (8.40%) didn't know that hypertension had complications or not.(53.78%) of the population sample agree that they will take the situation serious when the doctors tell them they have high blood pressure.(87.39%) of the population sample agree that taking medicine regularly is very important in keeping blood pressure under control.(87.39%) thought that Hypertension is a chronic disease while (12.61%) of the population sample didn't think that.(54.6%) of the population sample thought that Hypertension is a curable disease.(84.87%) thought that changing lifestyle helps in decreasing the high blood pressure and also helps in controlling it.(73.95%) of the population sample thought that Hypertension is very common disease among people.(79.83%) of the population sample thought that ceasing smoking helps in decreasing the possibility of being affected by Hypertension.(75.63%) of the population sample thought that reducing drinking caffeine (as tea, coffee& soda) helps in controlling Hypertension.(68.91%) of the population sample thought that following a certain diet in eating helps in keeping blood pressure normal.(84.87%) of the population sample thought that taking low salt helps in reducing blood pressure.13 person from the population sample are smoking (46.15%) of them had history for smoking every day and (53.85%) had ahistory of little smoking.(61.54%) of the population sample said that they practice exercise regularly as a trying to be healthy and to avoid diseases, while (30.77%) said that they don'tpractice any type of exercises.

IV. DISSCUSSION

Our study was conducted to evaluate the knowledge, attitude & practice of general Public attending El-Shohada Primary Health Care Unit regarding hypertension. About 10.9% of our sample said that they were suffering from Hypertension, 53.8% said that they weren't suffering from Hypertension & 35.3% said that they didn't know if they had hypertension or not.According to statistical reports from medical education and health care ministry in Iran, hypertension prevalence is about 27% & 42%, in people aged 45 to 69 years and those over 70 years of age, respectively . The total hypertension prevalence rate in isfahan is 17.5% (18.6% for women, 16.4% for men). Among them 46.2% of patients are aware of their condition while 33.9% were under treatment, and 12% had controlled hypertension.

Table 1: Study sample regarding patients who eat a lot of salt : (N=13)

	Variable	Frequency	Percent	Total
Do you eat a lot of salt?	yes	3	23.07%	100%
	no	2	15.38%	
	sometimes	8	61.53%	
Are you interested in eating fruit and vegetable?	Yes	5	38.46%	100%
	No	3	23.07%	
	Sometimes	5	38.46%	
Do you drink a lot of caffeine ?	yes , a lot	5	38.46%	100%
	yes, but not a lot	5	38.46%	
	rare	3	23.07%	
Do you measure your blood pressure frequently?	Yes	1	7.69%	100%
	No	9	69.23%	
	Sometimes	3	23.07%	
	Total	13		

Notice in no.(1): 23.08% said that they eat a lot of salt & 61.54% said that they do sometimes.

Notice in no.(2): 38.46% said that they are interested in eating fruit and vegetables & 38.46% said that they eat them sometimes.

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Notice in no.(3): 38.46% said that they drink a lot of caffeine,38.46% said that they drink caffeine but not a lot.

Notice in no.(4): 7.69% said that they measure their blood pressure regular,69.23% said that they don't.

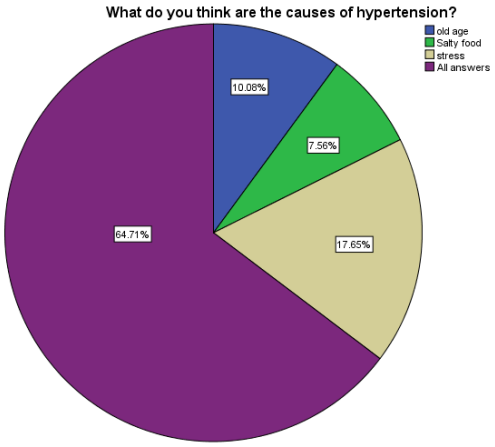
Table 2: Study sample regarding diastolic and systolic blood level for patients: (N=13).

	Variable	Frequency	Percent	Total
What was your SYSTOLIC blood level at the last blood pressure measuring?	<140	3	23.07%	100%
	140	4	30.76%	
	>140	6	46.15%	
What was your DIASTOLIC blood level at the last blood pressure measuring?	90	6	46.15%	100%
	>90	7	53.84%	
	Total	13		

Notice in no. (1): 30.76% that their systolic blood pressure was 140 mmHg at the last measuring & 53.85% said that their systolic blood pressure was greater than 140 mmHg at the last measuring.

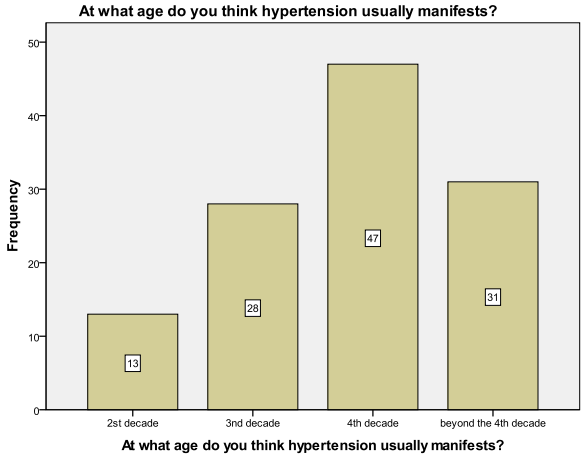
Notice in no. (2): 53.85% said that their diastolic blood pressure was greater than 90 mmHg at the last measuring.

Fig 1: Study sample regarding causes of hypertension : (N=119)



Notice:17.65% think that stress causes hypertension, 7.56% think that salty food causes hypertension.

Fig 2:Study sample regarding thinking people about age at hypertension usually manifests: (N=119)



Notice: 39.5% think that *h*ypertension usually manifests at 4th decade and 26.05% think that *h*ypertension usually manifests beyond 4th decade.

V. RECOMMENDATIONS

Increase the health education about HTN through the mass media& developed more specific health education programs, have more programs or articles on the subject.

Do more studies to confirm the findings of the present study, which will help to expand the population knowledge base.

VI. CONCLUSION

Many people have heard about hypertension but only a few know what hypertension mean is!They also didn't know its risk factors& complications.They don't realize the

importance of knowing the risk factors of hypertension to avoid it so they can protect themselves from HTN.When they protect themselves from HTN they will avoid its complications which are several and in most of times lead to serious disease or death.A lot of people who were smoking did so because it is being a habit for them and they don't stop smoking because they can't or don't want to, and the people who didn't smoke they didn't do it because they don't like to smoke, only few people didn't smoke because of the risk of disease.We think that the people who don't smoke they have to do this because it is a risk factor not because they just don' like it. And the same to the people smoking, they need to try to stop smoking to protect themselves.

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