



## Original Research Article

**A Study to assess the knowledge on Management of hypertension among hypertensive patients in selected area Mysuru**\*Mr.Lingaraju CM<sup>1</sup>, Aswathi devi<sup>2</sup> & Mrs.Vidya<sup>1</sup><sup>1</sup>Asst.Professor JSS College of Nursing, Mysuru<sup>2</sup>Principal JSS College of Nursing, Mysuru

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**Abstract**

**Background:** Hypertension or elevated blood pressure is a serious medical condition that significantly increases the risks of heart, brain, kidney and other diseases. An estimated 1.28 billion adults aged 30-79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries. An estimated 46% of adults with hypertension are unaware that they have the condition. Hypertension is commonly affects all the parts of the world.

**Objectives:** To assess the knowledge on Hypertension among hypertensive patients in selected settings Mysuru and to determine the association between the level of the knowledge on hypertension with their selected personnel variable. **Methodology: Research approach:** Descriptive research approach was used for this study. **Research**

**Design:** The descriptive research design selected for this study. **Setting:** Setting refers to the realm wherever the study is conducted. This study was conducted on Mosanabayanahalli rural areas of Varuna PHC, Mysuru.

**Population:** The target population for the study was Hypertensive patients of Mosanabayanahalli village, rural areas of Varuna PHC, Mysuru. **Sample:** hypertension patients of Mosanabayanahalli village, rural areas of Varuna PHC, Mysuru. **Participants:** 30 Hypertensive patients **Sampling Techniques:** Purposive sampling technique was used to select the sample. **RESULT:** The Majority of The hypertensive patients Having Moderate Knowledge On hypertension Follows Few hypertension patients Have Adequate Knowledge. The Overall Mean Knowledge Scores of the hypertension patients is 24.17With SD 4, 08, and out of Many Variable Age gender occupation, Was Found to Be Significant with the Knowledge of 0.05 Level.

**Keywords:** hypertension, hypertensive patients, blood pressure

**INTRODUCTION:**

Blood pressure is that the force exerted by current blood against the walls of the body's arteries, the key blood vessels within the body. The prevalence of cardiovascular disease varies across regions and country financial gain teams. The UN agency African Region has the very best prevalence of cardiovascular disease (27%) whereas the UN agency Region of the Americas has all-time low prevalence of cardiovascular disease (18%). the quantity of adults with cardiovascular disease accumulated from 594 million in one975 to 1.13 billion in 2015, with the rise seen for the most part in low- and middle-income countries. This increase is due primarily to an increase in cardiovascular disease risk factors in those populations.

In September 2017, UN agency began a partnership with Resolve to save lots of Lives, associate initiative of important ways, to support national governments to implement the worldwide Hearts Initiative. Different partners contributory to the worldwide Hearts Initiative are: the authority Foundation, the worldwide Health support apparatus, the Johns Hopkins Bloomberg college of Public Health, the Pan Yankee Health Organization (PAHO) and also the U.S. CDC. Since implementation of the programme in 2017 in eighteen low- and middle-income countries, three million folks are placed on protocol-based cardiovascular disease treatment through person-centered models of care. These programmes demonstrate the feasibility and effectiveness of standardized cardiovascular disease management programmes.

### STATEMENT OF THE PROBLEM:

A Study to assess the information on Management of cardiovascular disease among hypertensive patients in designated settings Mysuru.

### OBJECTIVES:

1. To assess the knowledge on management of hypertension among hypertension patients in Mosanabayanahalli Rural Community Mysuru.
2. To determine the association between the level of the knowledge on Hypertension with their selected personnel variable.

### HYPOTHESIS:

H1: There will be a significant association between the knowledge score on Management of Hypertension and selected demographic variable of hypertension patients.

H0: There will not be a significant association between the knowledge score on Management of hypertension with selected demographic variable.

### METHODOLOGY:

**Research approach:** Descriptive research approach was used for this study.

**Research Design:** The descriptive research design selected for this study.

**Setting:** Setting refers to the realm wherever the study is conducted. This study was conducted on Mosanabayanahalli village of Varuna PHC, Mysuru.

**Population:** The target population for the study was hypertension patients of Mosanabayanahalli rural areas under Varuna PHC, Mysuru

**Sample:** hypertension patients of selected rural areas of Varuna PHC, Mysuru.

**Sample Size:** 30 hypertension patients.

**Sampling Techniques:** Purposive sampling technique was used to select the sample

### Criteria for Selection of Sample

#### Inclusion Criteria

- (i) Hypertension patients who are in selected rural areas of Varuna PHC, Mysuru.
- (ii) Hypertension patients who are willing to participate in the study.
- (iv) Hypertension patients of both genders.
- (v). hypertension patients who are available at the time of data collection.

#### Exclusion Criteria

- (ii) Hypertension patients with co-morbid medical illness

#### Data Collection Instrument

In this Study, the tools consisted of interview schedule to assess the knowledge of hypertension patients on hypertension.

#### Development of the Tool

**Selection of the Tool:** Interview schedule was selected for the study to assess the knowledge of hypertension patients.

**Development of the Tool:** The tool was developed on the basis of the objectives of the study. The following steps were adopted in the development of the tool.

#### Description of the Tool

The interview schedule was designed with two parts.

**Part 1:** Consisted of things bearing on the demographic variables,

**Part 2:** Consisted of 30 items pertaining to hypertension and its Management.

## RESULTS:

1. To assess the knowledge on Diabetic among Diabetic patients in selected settings Mysuru.

Know ledge	No of items	Range		Mean	SD	Mean % of Know ledge
		Min	Max			
	30	17	29	24.17	4.08	77.2%

Tabular Representation of Level of Knowledge on hypertension among hypertensive patients.

2. To determine the association between the level of the knowledge on hypertension with their selected personnel variable: The Selected Personal Variable Such as Age, gender and occupation, was found to own important Association with Level of information zero.05 Level.

## CONCLUSION:

The Majority Of The hypertension patients Having Moderate Knowledge On hypertension follows few hypertension patients Have Adequate Knowledge. The Overall Mean Knowledge Scores of The hypertension patients is 24.17 With SD 4, 08, and Out Of Many Variable Age gender. Occupation was found to be Significant with the Knowledge of 0.05 Level.

## RECOMMENDATION:

The Following Recommendation Were created supported the results of the Study.

1. A Large Scale Study Can Be Conducted to Generalize the Findings.
2. Large Scale Study Can Be Conducted To Assess the stress, Attitude And life style Practice of hypertension.

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