

## Original Research Article

# A Study to assess the Effectiveness of Planned Teaching Programme on Knowledge regarding Management of Hypertension among Care Taker of Hypertensive Patients in SAIMS Hospital, Indore

Mr. Abhishek Kumar Singh M.Sc(N)

*Lecturer, SAIMS College of Nursing, Indore*

## Abstract

A quantitative pre experimental study was conducted to evaluate the effectiveness of knowledge regarding management of hypertension. Objectives of the study were to assess the Pre-test knowledge regarding management of hypertension, to assess the effectiveness of planned teaching programme regarding management of hypertension and to find out the association between knowledge scores with selected demographical variables. The study conducted with pre experimental one group Pre-test and Post-test design, with non probability convenient sampling technique. There were significant increase in the mean Post-test knowledge scores of the care takers of hypertensive patients regarding management of hypertension after implementation of PTP in comparison with the mean Pre-test knowledge scores and there was a no significant association between Pre-test knowledge score with selected demographic variables.

**Keywords:** Planned Teaching Programme, Management, Hypertension, care taker

## Introduction

High blood pressure is independent risk factors for cardiovascular and cerebrovascular disease. At the defining cut off of 140/90 mm Hg, 28-44% of the world population has hypertension with ethnic variations [1]. It is estimated that the prevalence of hypertension in India is about 25 % among urban adults and 10 % in the rural areas [2]. The lifetime risk of developing hypertension is estimated to be 90%. Even blood pressure (BP) not in the hypertensive range but above optimal increases the cardiovascular risk [3]. Indeed, blood pressure is a continuum and any increase above optimal confers additional independent risk of coronary heart disease, stroke, congestive heart failure, end stage renal disease and peripheral vascular disease, even in ranges previously considered normal [4].

Hypertension is one of the leading causes of death and disability among adults. In most of the industrial countries the prevalence of hypertension in adult population has been reported from 10-20% with 70% are of mild hypertension [5].

In India the prevalence of hypertension in adult population vary from 3% - 10% & the average figure is 4.8%. The population at risk in India (more than 20 years of age) is 330 million according to 1981 population6. Hypertension is latent disorder in many people as it has long symptomatic phases. The problem itself has no clinical sign and symptom unit organ damage has taken place. High blood pressure is

a major risk for cardiac cerebral and renal disease [6]. The mortality figures due to the potential problem are as follows:-

Cardiac complication – 60-75%

Cerebral Thrombosis – 15-20%

Uremia – 15-10% and the remainder from dissecting aneurysm of the aorta of inter current disease such as carcinoma, pulmonary embolism or infection [7].

## Objectives

1. To assess the Pre-test knowledge regarding management of hypertension among care takers of hypertensive patients
2. To assess the effectiveness of planned teaching programme regarding management of hypertension among care takers of hypertensive patients
3. To find out the association between knowledge scores with selected demographical variables

## Research Hypothesis

- **H1** There will be significant increase in the mean Post-test knowledge scores of the care takers of hypertensive patients regarding management of hypertension after implementation of PTP in comparison with the mean Pre-test knowledge scores.
- **H2** There is significant association between Pre-test knowledge score with selected demographic variables.

## Methodology

### Research approach

Quantitative approach was adopted in the study

### Research design

Pre experimental one group Pre-test – Post-test design was used.

### Setting of the study

Settings are the more specific places where data collection will occur. The setting for the present study was SAIMS Hospital, Indore.

### Population

In this study population consisted of care takers of hypertensive patients who were admitted in the wards of SAIMS Hospital.

**Target population:** The target population of my research study were care takers patients admitted in the wards in Indore city

**Accessible population:** In the present study accessible population were the care takers of those patients who were admitted in wards of SAIMS Hospital, Indore.

### Sample

In this study the sample comprised of care takers of hypertensive patients were admitted in wards in SAIMS Hospital, Indore.

### Sampling technique

In this study the sample was selected through a non-probability convenience sampling technique.

### Sample size

Sample consists of 60 care takers of hypertensive patients admitted in wards in SAIMS hospital, Indore.

## Sampling Selecting Criteria

### Inclusive Criteria

The study included

- The care takers of the hypertensive patients only who are literate.
- Care takers of the hypertensive patients only whose age was 18 years.
- Both males and females care takers are included in this study.
- Those who can read and write English and Hindi as well as understand.
- those who are willing to participate in the study
- Available at the time of the study.

### Exclusive Criteria

The study excluded

- All the care takers who were working in hospital settings.
- Illiterate people.
- People who could not read and write English or Hindi.
- OPD patients care takers.

## Development and Description of the Tool

The tool consisted of two sections:

**Section A (Demographic Data):** It describes the selected sample characteristics. It comprised of 9 items for obtaining information regarding age, gender, education, religion, type of family, marital status, monthly income, occupation, family history regarding knowledge on management of hypertension.

**Section B:** It consists of 20 item; those were the definition of hypertension, risk factors of hypertension, and clinical features, management, prevention and complication of hypertension.

## Results

Raw data was collected and entered in a master sheet for statistical analysis. It was interpreted using descriptive and inferential statistics.

The analysis of data is organized and presented under following headings:-

**Section 1:** Characteristics of sample object.

**Section 2:** Effectiveness of planned teaching programme in terms of gain in knowledge score.

**Section 3:** To find out the comparison between Pre-test and Post-test knowledge scores.

**Section 4:** Association between knowledge scores and selected demographic variables

## Major Findings

### Section 1: Characteristics of sample object

The results of section 1 shows that, most of the subjects 23(38.3%) were from 21-30 years of age group and 37 (61.7%) were female. In that major proportion of population 29 (48.3%) were graduates, most of the subjects 52 (86.7%) belongs to Hindu religion. With accordance with family type major proportion of population 36 (60.0%) were from joint family and most of the samples 40 (66.7%) were married. The subjects reflected that major proportion of population 42 (70.0%) were earning in between Rs. 10001/- to 15000/- and occupation status of studied reflected that half of the studied subjects 30 (50.0%) were working as office worker and alarmingly 34 (57%) subjects had family history of hypertension.

### Section 2: Effectiveness of planned teaching programme in terms of gain in knowledge score.

**Table 1: Frequency, Percentage Distribution of Pre-test and Post-test knowledge Score**

Knowledge Score	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Poor	40	66.7	00	00
Average	20	33.3	07	11.7
Good	00	00	53	88.3
<b>Total</b>	<b>60</b>	<b>100.0</b>	<b>60</b>	<b>100.0</b>

Table 1 explains the pre- and post-test knowledge level of samples. In Pre-test out of 60 samples 40 (66.7%) were poor knowledge and 20 (33.3%) were having average level of knowledge with comparable in Post-test 07 (11.7%) were having Average level of knowledge and 53 (88.3%) were having Good level of knowledge regarding management of hypertension.

The above table 2 shows the mean and standard deviation scores of samples, in pre-test the mean and standard deviation were 8.57 and 2.235 respectively and in Post-test were 17.87 and 1.033 respectively.

**Table 2: Mean and standard Deviation of Pre-test and Post-test knowledge Score**

Statistics	Pre-test	Post-test
Mean	8.57	17.87
Standard Deviation	2.235	1.033

**Section 3: To find out the comparison between Pre-test and Post-test knowledge Scores:**

**Table 3: Comparison of Knowledge Scores between Pre-test and Post-test**

Knowledge	Mean	Std. Error of Mean	D.F.	T – value	Level of Significance
Pre-test	8.57	0.272	59	34.15	0.001
Post-test	17.87				

The above table 3 shows that mean score of Pre-test in were 8.57 and mean score of Post-test in care takers was 17.87 and S.D was 1.033 , ‘t’ value (t = 34.146) shows that there was significant difference , it indicate that there is a significant increase in knowledge of care takers after the planned health teaching programme.

**Section 4: Association between Knowledge Scores and Selected Demographic Variables**

The result shows that there was no significant association between the Pre-test knowledge and the selected demographic variables of the samples.

**Nursing Implication**

- An active search for disease among healthy people is fundamental aspects of prevention. It is the responsibility and the right of an individual to attain a positive state of health.
- The present study findings have implication for nursing practice, nursing administration, nursing research.

**Nursing Practice**

- When such students are conducted by nursing personal they can assume more responsibility to the knowledge of care takers of hypertensive patients about management of hypertension and improve the knowledge and manage their symptom and advice for skilful practice.
- Nursing personnel should be able to educate the care takers of hypertensive patients regarding management of hypertension i.e. use of regular role of diet and salt restriction, relaxation therapy, and other therapy which can provide quality nursing to ensure positive outcome.

**Nursing Administration**

- The development for nursing personnel in programme related to prevention of hypertension and its management in education in the existing health care scenario. Nursing administrator must equip his / her unit with latest books procedure manuals etc. The nursing administrator provide facility to conduct continue education. It should

be made mandatory for nursing for nursing personnel of medical ward to undergo such learning experience and gain knowledge and practice.

### Nursing Research

- Research should be discussed for exploring and updating care takers knowledge regarding management of hypertension to provide quality nursing care. Nursing research should be conducted to prepare various educations for care takers who are facing the problem during care of their patients.

### Recommendation

On the basis of the findings of the study the following recommendations are offered for future research –

- The study can be repeated on a large sample of hypertensive patients care takers selected various others hospitals there by findings can be generalized to large scale.
- A similar study may be repeated with a control group for more generalization of findings.
- A similar kind if study can be under taken in community settings
- A similar study can be carried out using various teaching strategies.
- Community based education programme to emphasize the need for lifestyle modification with similarity of treatment.

### Conclusion

The study conclude that the mean and standard deviation of pre-test knowledge of care takers were 8.57 and 2.235 respectively and in Post-test were 17.87 and 1.033 respectively which shows increase in the knowledge level. ‘T’ value (t = 34.146) shows that there was significant difference.

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