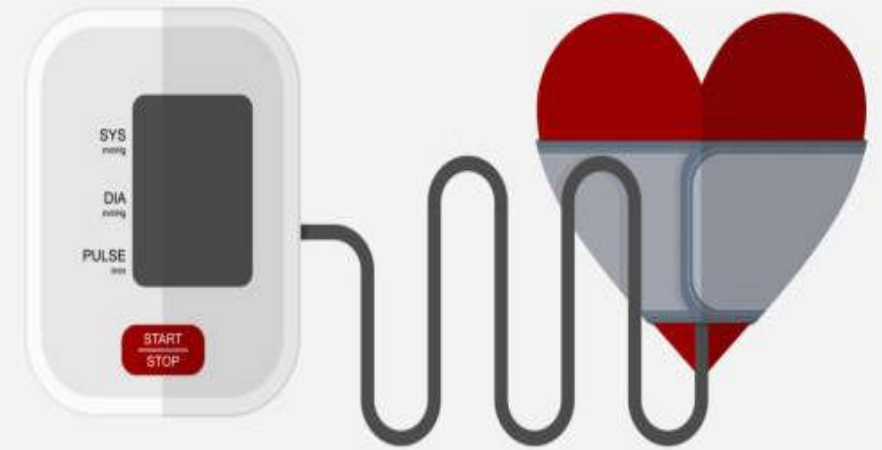


KNOWLEDGE, AWARENESS AND PERCEPTION OF HYPERTENSION

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INTRODUCTION

- ✓ Hypertension also known as High Blood Pressure is a long term medical condition in which the blood pressure in the arteries is persistently elevated.
- ✓ The systolic blood pressure (SBP) will be more than or equal to 140mmHG and Diastolic blood Pressure (DBP) will be more than or equal to 90 mmHG.
- ✓ Primary HBP accounts for about 90-95% of cases and is not directly caused by any specific underlying medical condition.
- ✓ Secondary HBP, on the other hand, makes up the remaining 5-10% and is caused by identifiable signs, symptoms, or other ailments such as chronic kidney disease, kidney artery narrowing, endocrine disorders, or the use of birth control pills.

AIM OF THE STUDY

- ✓ A study to assess the Knowledge, Awareness and Perception (KAP) of Hypertension.
- ✓ Also, to study the Adherence to Prevention Guidelines of the same among students.
- ✓ And, to generate awareness about the importance of Systolic Blood Pressure (SBP), as it has been identified as one the major factors in determining the presence of Hypertension.

RESEARCH METHODOLOGY

- ✓ **Research Type:** Descriptive Study
- ✓ **Data Collection:** Primary data (questionnaire) & Secondary data (published journals, literature, and reference books.)
- ✓ **Sample Size:** A total of 152 participants were initially considered, of which 138 provided consent and participated.
- ✓ **Data Analysis:** Data analysis for this study is done on MS Excel.
- ✓ **Inclusion and Exclusion Criteria:** Both male and female respondents above 18 years of age were eligible to participate.
- ✓ **Study Area:** PAN India
- ✓ **Duration:** 3 months

QUESTIONNAIRE

The questionnaire was created and distributed via Google Forms, and divided into 3 sections which are as follows:

1. **General Information** like Gender, Age, marital Status, tobacco smoking, cups of coffee per day, blood cholesterol level etc.
2. **Knowledge Assessment Test** which includes question like BP Levels, Readings, stroke, kidney problems etc.
3. **Adherence Practices** questions like exercise, less stress, alternative medicines, dietary supplements etc.

LITERATURE REVIEW OUTCOMES

- **Article 1:-** The findings revealed that although the patients' basic knowledge and awareness of HTN was sufficient, they did not have a thorough comprehension of it.
- **Article 2:-** Only a tiny fraction (10%) of hypertension people had their blood pressure under control, whereas a middle share (50%) of people with high blood pressure were aware that they were hypertensive.
- **Article 3:-** Large number of sufferers were unable to provide information on a target SBP or DBP or identify higher targets.
- **Article 4:-** Although individuals had relatively high levels of awareness, education, and a positive attitude towards their condition, it was found that their HTN was still not under control.

LITERATURE REVIEW OUTCOMES

- **Article 5:-** A quarter of responders who were taking the medication were unaware of their BP control status. Poor knowledge about HTN was combined with a belief in HTN myths.
- **Article 6:-** The findings revealed that although the patients had a broad comprehension of HTN that was competent, they did not fully comprehend the illness.
- **Article 7:-** In a variety of individuals whose first treatment for hypertension had failed, the drug Valsartan was shown to be both efficacious and effectively absorbed.
- **Article 8:-** Nearly half (48.6%) of the HTN patients reported positive attitudes and good awareness of the condition. About 39.5% of the individuals had good habits when it came to HTN control.

Research Findings

- ✓ It was inferred from the response that more percentage of males are affected by HTN.(**65%**)
- ✓ HCP tested the blood pressure of almost **76%** of the respondents within the last 12 months.
- ✓ It was found from the responses that around **70 plus %** of respondent or someone in their family is having HTN.
- ✓ About **45%** of them reported that, they had come to know about their HTN in a routine medical check-up, while more than **19%** reported having it diagnosed in screening program.
- ✓ More than **54%** of them did not have an HCP informing them that their BP levels were, or they had HTN, but a doctor had ordered them to change their way of life in order to lower their BP levels.

Research Findings

- ✓ More than **50%** of the respondents reported as already having an BP measuring machine at home and about **30%** stated their reason as for regular monitoring.
- ✓ Around **50%** of respondent believe that HTN Can cause Kidney problem.
- ✓ **80%** of respondent believe HTN could lead to Stroke.
- ✓ Around **55%** of respondents believe that smoking a pack of cigarettes a day will not affect a person risk of Hypertension.
- ✓ **45%** of respondent believe that HTN cannot be cured.
- ✓ **54%** of respondent thinks that stress is the main concern for there hypertension.

Research Findings

- ✓ More than **42%** of the respondents denied using any Vitamins/Dietary Supplements for prevention of high BP levels.
- ✓ **75%** of respondent believes that lifestyle and eating habits could prevent or lead to Hypertension.
- ✓ About **47%** stated that they are performing Regular Exercise and about **12%** indulge in Massage Therapy to reduce risk of possible High BP levels.

Conclusion

- ✓ Based on the data analysis, it can be inferred that large number of respondents reported having elevated blood pressure or hypertension in their families, increasing their risk of being diagnosed with the condition in the future or during their old age. However, overall, there is a significant lack of adherence to preventive practices for high BP or HTN, even among families with a history of the illness.
- ✓ Despite having access to blood pressure monitoring devices, a large proportion of the respondents either did not use them regularly or failed to adhere to preventive practices even after noticing an increase in their own blood pressure levels or being informed by healthcare professionals. This issue can be addressed through awareness campaigns aimed at educating the general public.
- ✓ The study suggests that organizing regular health check-up camps would greatly contribute to improving the situation. Adhering to preventive practices and undergoing regular check-ups would help in early diagnosis and reduce the number of cases with a family history of HTN. Such adherence is crucial in maximizing the clinical benefits of therapeutic treatments.