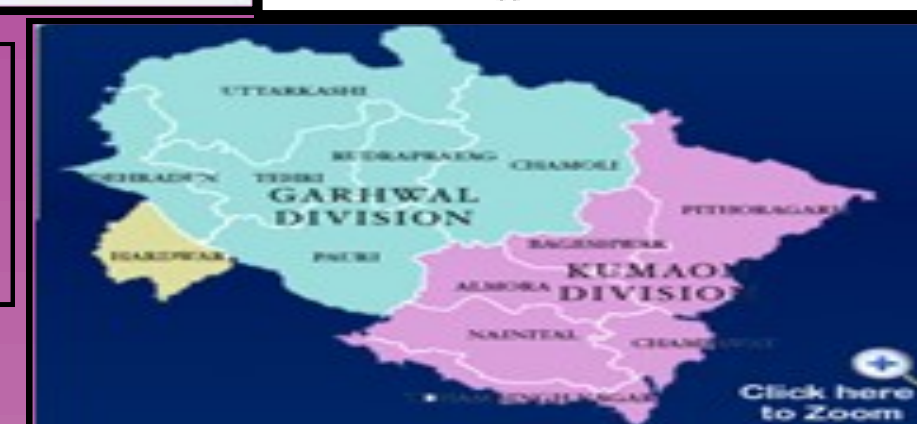




The Existing Knowledge, Attitude and Practices regarding Hypertension and their Risk Factors among the employees of Directorate of Health Services, Dehradun, Uttarakhand

DEPARTMENT WISE OBSERVATIONS

Non Communicable Disease (NCD)

- In the State NCD Cell there are eight programs under this cell.
- Recruitment in process in all the programs.
- IEC activities at district level for awareness of the program.

Rashtriya Bal Swasthya Karyakaram (RBSK)

- RBSK envisages to cover 30 selected health conditions for screening, early detection and free management and the child having problems other than these conditions face problem in treatment.
- Only screening is done no intervention takes place.

Rashtriya Swasthya Bima Yojana (RSBY)

- Hospitals do not get payment in time through insurance company.
- 1 Feb 2013 policy period started but it is in extension because no approval is given on co branding from Central Government.

Mukhyamantri Swasthya Bima Yojana (MSBY)

- It covers all the eligible families of Uttarakhand who are not a Govt. employee, Pensioner and an income tax payer.
- Critical care is not added in this scheme.
- Eligible families enrollment is a big challenge.

Integrated Disease Surveillance Programme (IDSP)

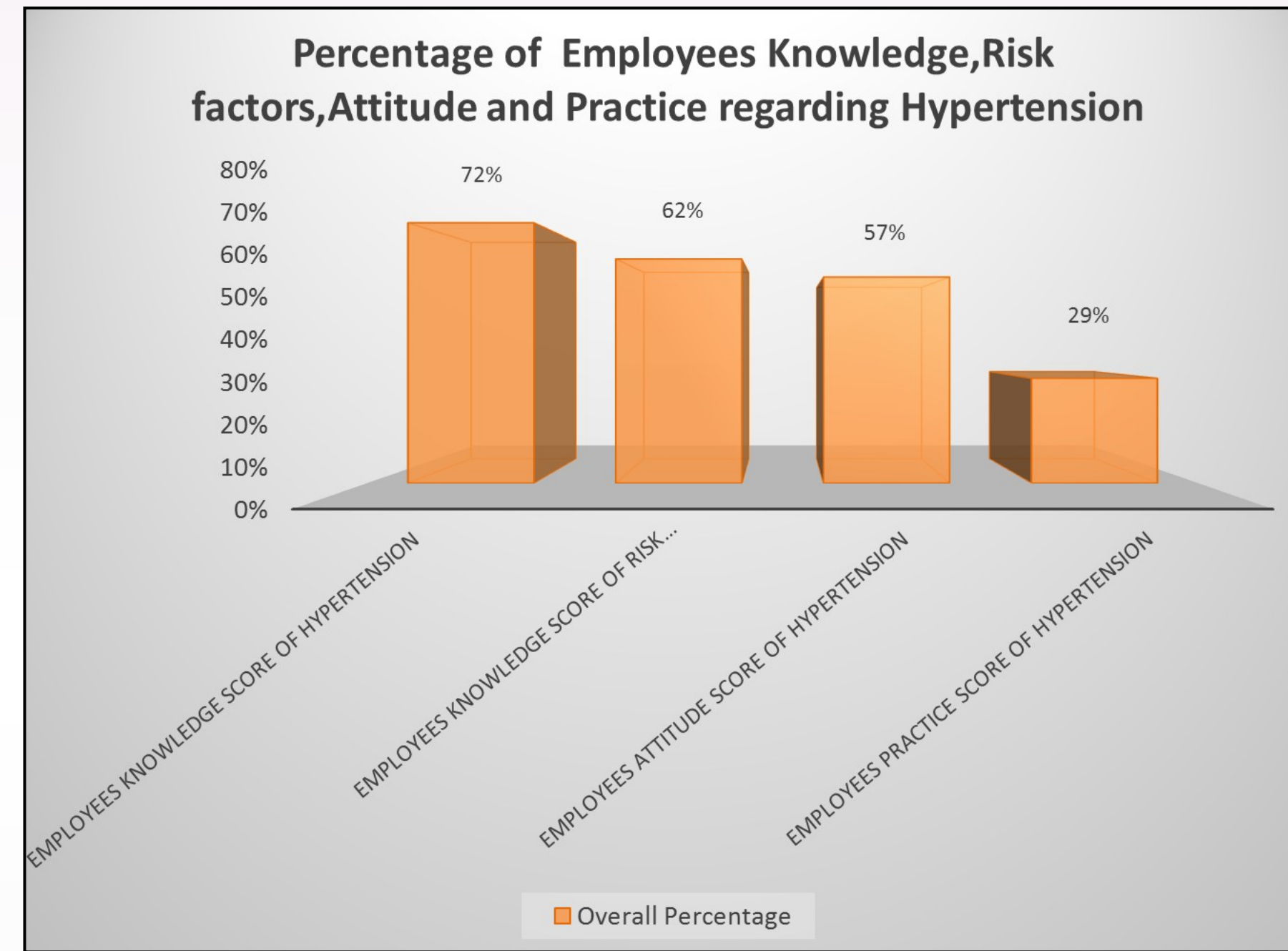
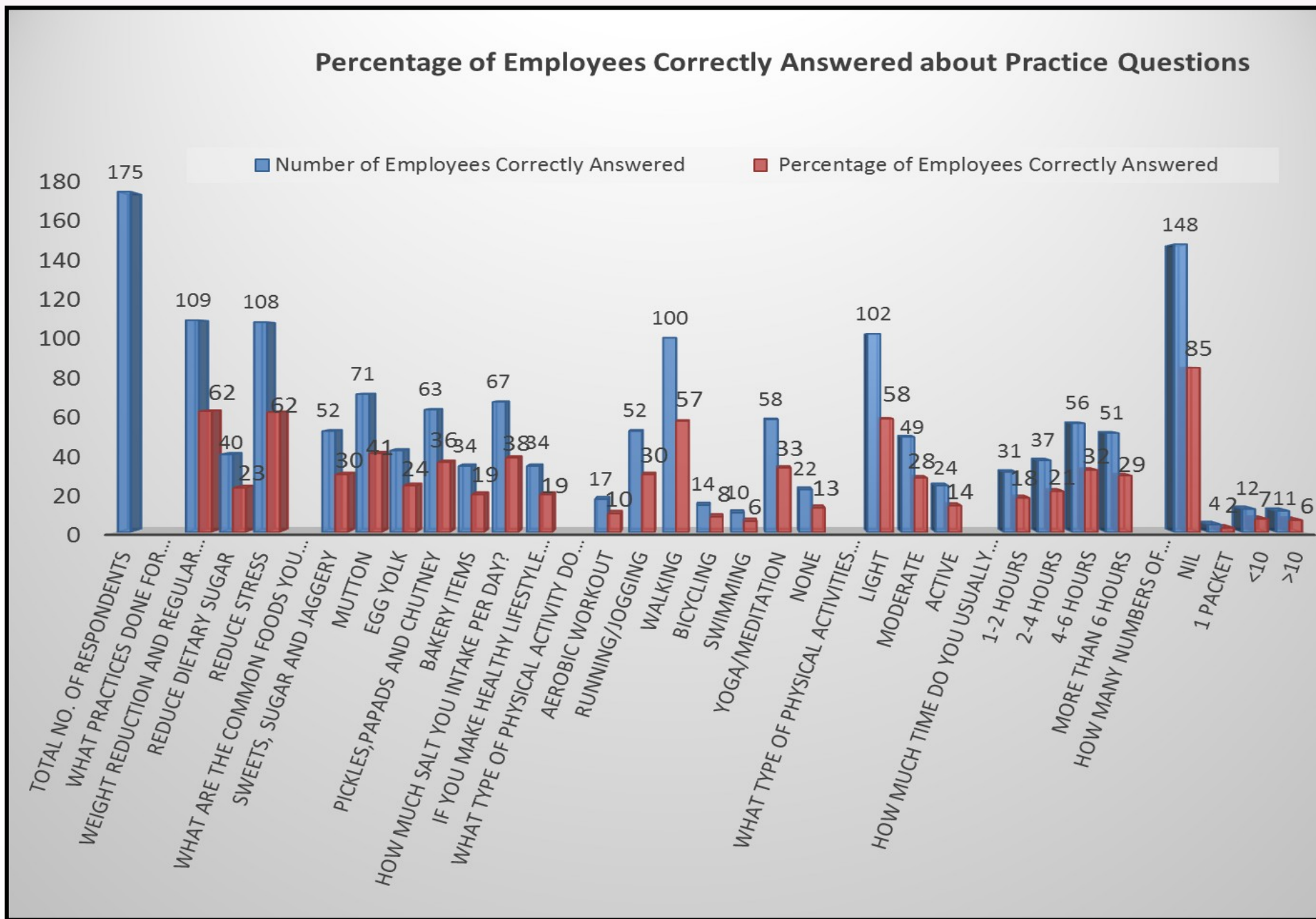
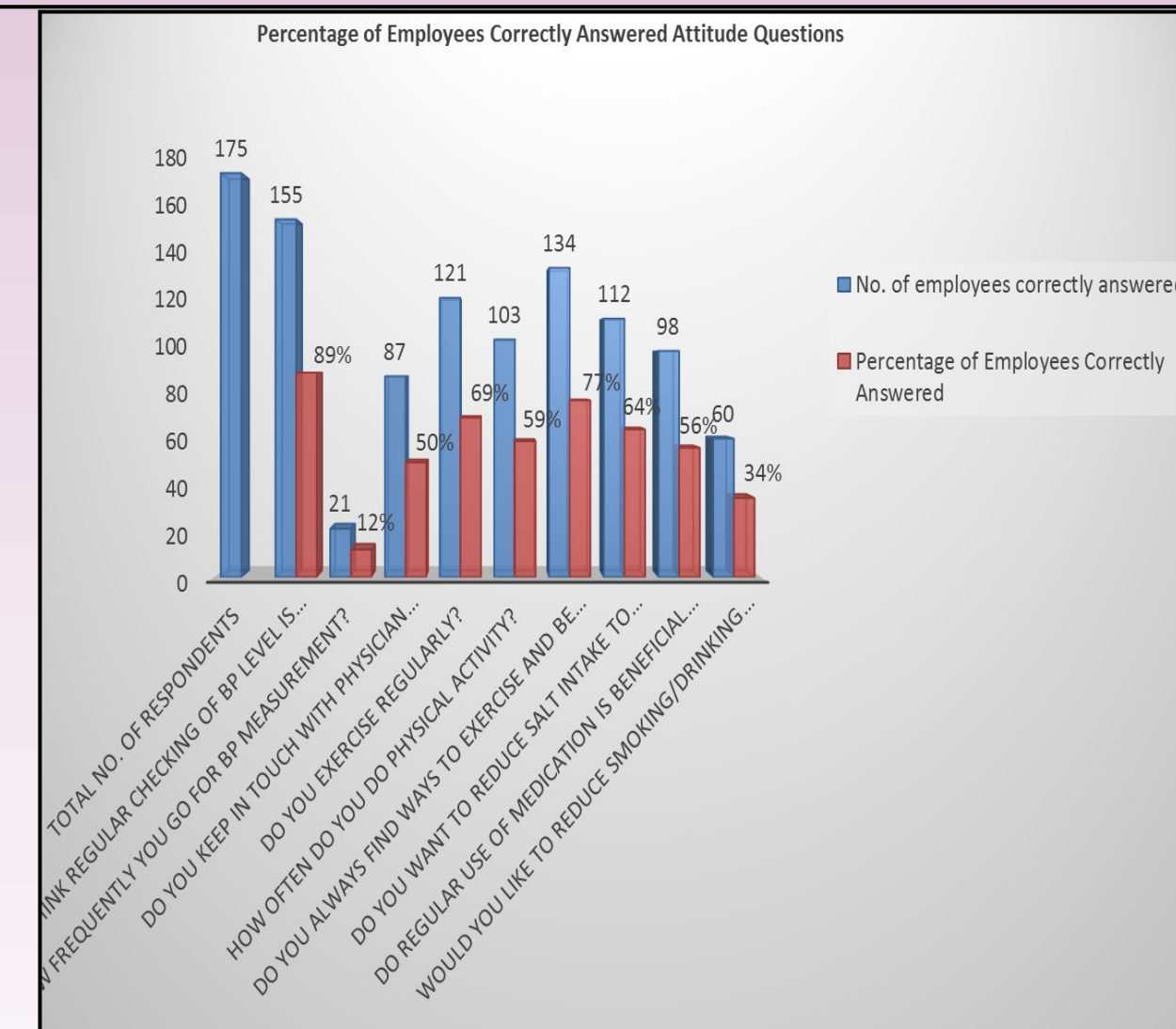
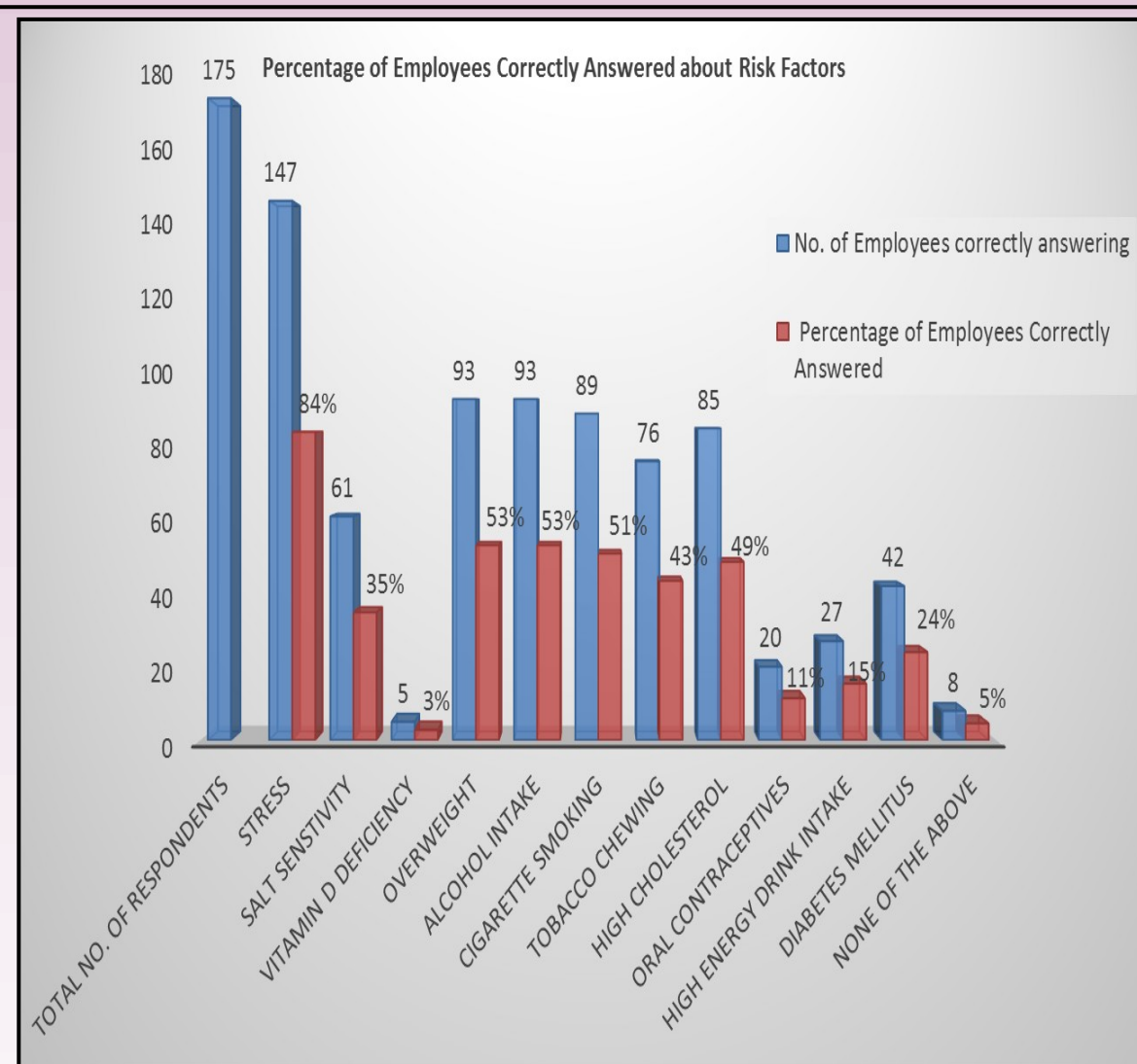
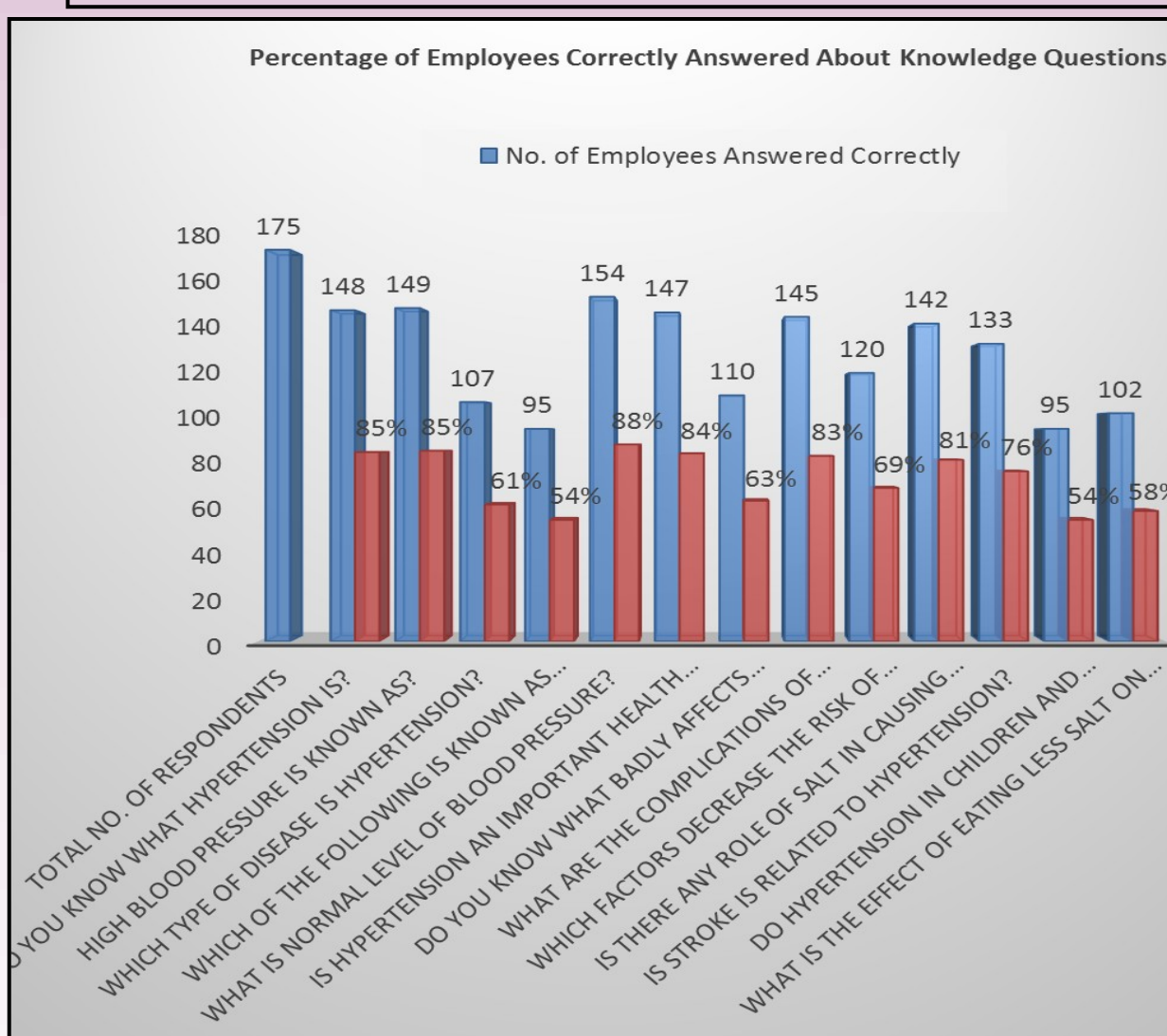
- Data collection is a big challenge as in hilly terrain we do not get the data in time.
- Full reporting through public sector but private could not able to cover.
- Manpower is not available in Uttarakhand as state is lagging in educational facilities.

INTRODUCTION- Non Communicable diseases are the leading causes of death in India and worldwide representing a growing threat to national and global health as well as social and economic development. Their burden is expected to double by 2030. Hypertension is defined as a condition in which Systolic blood pressure (SBP) is equal to or greater than 140mm Hg and diastolic blood pressure (DBP) equal to or greater than 90 mm Hg. It is one of the most important public health challenge worldwide because of its high frequency and concomitant risks of cardiovascular and kidney disease. People of Uttarakhand are encountering ever increasing prevalence of Non Communicable diseases because of negative life-style practice. Over 8% people in Uttarakhand are suspected to have high blood pressure and 5.7% are diabetic.

General Objective- To assess the Existing Knowledge, Attitude and Practices regarding Hypertension and their Risk Factors among the employees between 25 to 60 years of age in Directorate of Health Services office in Sahastradhara, Dehradun.

Specific Objectives-

- To study the Existing Knowledge, Attitude and Practices and Risk Factors regarding Hypertension in the employees of Directorate of Health Services.
- To study Association between Level of Knowledge with selected Socio-Demographic variables.



DIFFERENT ASPECTS OF HEALTHCARE DELIVERY SYSTEM

Primary Health Centre (PHC)

JOB- Visit Primary Health Care Centres at Mehuwala, Nayagaon and Kishan Nagar, Dehradun.

OBSERVATIONS

- There is no delivery facilities in these Primary Healthcare Centre.
- Only temporary family planning procedures are done in this PHC.
- Free check up for pregnant women and free vaccination.
- Iron and calcium tablets given to pregnant women and iron and folic acid tablets given to anemic girls.

Community Health Centre(CHC)

JOB- Visit Community Health Care Centres at Raipur, Dehradun.

OBSERVATIONS

- Working in collaboration with Raj Bala Foundation (PPP Mode).
- Strike of the employees due to not getting salary by the government from 4 months.
- Diagnostic test facilities also available.
- Manpower is a big problem. Work load is more.

Sub centres

OBSERVATIONS

- Manpower is a big issue.
- Antenatal care is given to women but Iron and Folic Acid tablets are not given as they are not available in the sub centre.
- Counselling given to pregnant women.

District Hospitals

JOB- Visit Coronation Hospital and Combined Hospital, Dehradun.

OBSERVATIONS

- Manpower and work overload is a big issue.
- Bed is a big problem for the patients. Bed are less and patients are more.
- No delivery point in the Coronation Hospital.
- The Fortis Hospital Is in Public Private Partnership mode with Coronation Hospital.

RESEARCH METHODOLOGY

Study Type- Cross sectional descriptive Study Design

Data Collection Method- Primary Data

Study Area- Gujra, Dandalokhand, Sahastradhara, Dehradun (Uttarakhand)

Study Population- Employees of Directorate of Health Services (Government of Uttarakhand and National Health Mission) in age group of 25-60 years.

Sample Technique- Purposive non-probability sampling technique

Sample Size- 175 employees

RECOMMENDATIONS

- We found reasonable gap between Knowledge, Attitude and Practices, so to overcome that it is very important to formulate and implement certain strategies by which positive attitudes can be converted into beneficial practices.
- All the employees must be made aware about the practices they must do to prevent Hypertension.
- A nutrition assessment should be done so that the employees must be aware about the foods they must restrict for the prevention of Hypertension.
- There is a need to create awareness and impart nutrition education to the employees to follow proper diet and modify the lifestyle factors for proper management of Hypertension.
- Poor practice regarding regular exercise may be due to lack of importance and awareness for the need of it.
- As occupational stress is present in the employees of National Health Mission so they require Yoga and Meditation to relieve themselves and work load must be distributed as more manpower must be hired.

SOCIO DEMOGRAPHIC VARIABLES

