EFFECT OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF STROKE AMONG PATIENTS WITH HYPERTENSION

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ABSTRACT

Stroke is one of the leading cause of death and long term disability and also a leading public health problem. The study focus on the effect of structured teaching programme regarding prevention of stroke among patients with hypertension. Objectives of the study were to assess the knowledge regarding prevention of stroke among patients with hypertension, assess the effect of structured teaching programme on knowledge regarding the prevention of stroke among patients with hypertension, find out the association between level of knowledge of patients with hypertension regarding prevention of stroke and selected demographic variables. The research design adopted for this study was quasi experimental pre test post test control group design. The sampling technique used in the study was convenience sampling. 80 patients having hypertension, out of which 40 in experimental group and 40 in control group were selected for the study. Samples in the experimental and control group were selected from Kallankuzhi village, Kanyakumari district. The tool used for the study is questionnaire to collect the data regarding knowledge of patients with hypertension. Initially pre test was done for both the groups. Structured teaching programme was given for 40 samples in experimental group for 30 minutes. Again, after two weeks post test was done for both groups. The study findings revealed that majority of the patients that is 61.25% had poor knowledge and 38.75% of the patients had average knowledge regarding prevention of stroke in. Whereas, 32.5% of the patients had poor knowledge, 27.5% of the patient had average knowledge and 40% of the patient had good knowledge after the implementation of structured teaching programme. Structured teaching programme given to the patients with hypertension significantly increased the knowledge (P<0.01) and there was significant association between knowledge and education, number of years after diagnosis of hypertension among patient with hypertension. Practising nurses have favorable opportunities to educate the patients management and prevention of complications among patient at risk of developing stroke. Education plays a vital role in bringing changes in the health pattern and life style.

Keywords: Stroke, Hypertension.

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INTRODUCTION

Stroke is a world-wide health problem a huge burden to the patients, their families and society. It is the fourth leading cause of death world wide. One of the most important modifiable risk factors of stroke is hypertension. Hypertension leads to hardening of large arteries, which in turn blockage and weakens the walls of small blood vessels in the brain leading to stroke. People with hypertension are four to six times more likely to have stroke. A better understanding of these risk factors may play a vital role in prevention of stroke among adults.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of structured teaching programme on knowledge regarding prevention of stroke among patients with hypertension.

OBJECTIVES

The objectives of the study were to:

Assess the knowledge regarding prevention of stroke among patients with hypertension

Assess the effect of structured teaching programme on knowledge regarding the prevention of stroke among patients with hypertension

Find out the association between level of knowledge of patients with hypertension regarding prevention of stroke and selected demographic variables.

METHODOLOGY

Research approach

Quantitative experimental approach

Research Design

Quasi experimental pre test post test control group design used to assess the effectiveness of structured teaching programme on knowledge regarding prevention of stroke among patients with hypertension.

Sampling Technique

Convenience sampling technique was used to select the sample.

Sample size

The sample comprised of 80 patients having hypertension, out of which 40 in experimental group and 40 in control group were selected for the study.

Tool

Self structured validated questionnaire

Section A: Demographic variables (age, sex, education, occupation, income, area of living, habits,

duration of illness, presence of co morbidities)

Section B: Self structured questionnaire (30 multiple response questionnaire related to prevention of stroke among patients with hypertension). Each question has score one with maximum total score of 30, and based on the score the interpretation was done.

21 - 30   ---- good

11 - 20   ---- average

1 - 10   ---- poor

RESULTS AND DISCUSSION

Section I: Description of patients with hypertension according to demographic variables

Among the study samples, majority that is 51.25% of the patients were between 41 -51 years, 58.5% of the patient were males, 47.5% of the patients had high school education, 31.25% were unemployed, 53.75% had income between 5000 and 10000, 53.75% of the patients were residing under municipality, 58.75% of the patients had no other habits, 72.5% of the patients had duration of illness more than 5 years, 47.5% of the patients had co morbid illness like diabetes mellitus.

Section II: Knowledge of patients with hypertension regarding prevention of stroke

Based on the pre test score 61.25% of the patients had poor knowledge and 38.75% of the patients had average knowledge regarding prevention of stroke. Based on post test score 32.5% of the patients had poor knowledge and 27.5% of the patient had average knowledge and 40% of the patient had good knowledge

Section III: Effectiveness of structured teaching programme on knowledge regarding prevention of stroke among hypertensive patients

It shows the effectiveness of structured teaching programme on knowledge regarding prevention of stroke among patients with hypertension. The average knowledge score before structured teaching programme in the experimental group was 10.5 ± 3.4 and after teaching programme, the knowledge score increased to 23.07 ± 2.9. Increase in knowledge score after structured teaching programme in the experimental group was statistically significant at 0.000 levels. Average knowledge score among the control group was 9.2 ± 2.3. Change in knowledge among the control group at post test was not statistically significant.

Section IV: Association between knowledge and selected socio demographic variables

Chi- square test was done to find out the association between knowledge of patients with hypertension and selected socio demographic variables. There was significant association between knowledge and education ($\chi 2 = 13.04$, significant at 0.01 level); number of years after diagnosis of hypertension ($\chi 2 = 9.58$, significant at 0.05 level). There is no association between knowledge and other selected socio demographic variables.

CONCLUSION

Stroke is a global health problem, which leads to mortality and morbidity in the developing countries, especially patient living with hypertension are at high risk of stroke. However, major cases of stroke

could be prevented by controlling blood pressure and other preventable measures.

Based on the findings of the study the following conclusions were drawn. Patients with hypertension had inadequate knowledge regarding prevention of stroke. Structured teaching programme was effective in improving knowledge of patients with hypertension regarding prevention of stroke, there is significant association between knowledge of patients with hypertension and education. There is no significant association between knowledge of patients with hypertension and other demographic variables.

Practising nurses have favorable opportunities to educate the patients management and prevention of complications among patient at risk of developing stroke. Education plays a vital role in bringing changes in the health pattern and life style.

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