



RESEARCH ARTICLE

EFFECT OF HEALTH EDUCATION ON THE PREVENTION OF RISK FACTORS OF
CEREBROVASCULAR ACCIDENT AMONG HYPERTENSIVE PATIENTS

*Ms. Rashmi Kharel

Masters of Science in Critical Care Nursing, Dr. D.Y Patil University, Pune

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ABSTRACT

Background: Hypertension is a major risk factor for cerebrovascular diseases including stroke, coronary heart diseases and renal failure. Therefore, prevention of risk factors through health education, becomes an important goal in overall efforts to reduce the incidence of hypertension related cerebrovascular complications and outcomes.

Aim: The main aim of this study was to evaluate the effect of health education on prevention of risk factors of cerebrovascular accident among hypertensive patients.

Design: One group pretest posttest under quasi experimental research design was adopted for this study.

Sample: The study was conducted on 60 hypertensive patients using a purposive sampling technique.

Materials: A 20 item structured knowledge questionnaire based on the knowledge on prevention of risk factors of cerebrovascular accident among hypertensive patient was used. The reliability of the tool was assessed by using test-retest method, which was found to be 0.75.

Result: The result of this study revealed that, in pretest, 80% of the hypertensive patients had poor knowledge (score 0-6) and 20% of them had average knowledge (score 7-13) regarding prevention of risk factors of cerebrovascular accident. In posttest, all of them had good knowledge (score 14-20) regarding prevention of risk factors of cerebrovascular accident (Fig.1). This indicates that the knowledge of the hypertensive patients improved remarkably after health education.

Conclusion: Health education plays an important role in creating awareness among people regarding the health issues. Hypertension is a major risk factor for cerebrovascular accident and this study proves that by imparting education regarding prevention of risk factors for cerebrovascular accident on hypertensive patients, an individual can be saved from the risk.

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INTRODUCTION

Hypertension is an important risk factor for cerebrovascular diseases including stroke, coronary heart diseases and renal failure. Therefore prevention of risk factors becomes an important goal in overall efforts to reduce the incidence of hypertension related cerebrovascular complications and outcomes. As the saying goes prevention is better than cure. Many risk factors for cerebrovascular accidents have been described. They may refer to inherent biological traits such as age and sex, physiological characteristics that predict future occurrence such as high blood pressure, serum cholesterol, fibrinogen; behaviors such as smoking, diet, alcohol consumption, physical inactivity; social characteristics such as education, social class and ethnicity; and environmental factors that may be physical (temperature, altitude), geographical, or

psychosocial. Public awareness programme or in other words, health education is the best instrument in the prevention of occurrence of cerebrovascular accidents, particularly among the hypertensive patients.

Problem Statement: "A study to assess the effect of health education regarding prevention of risk factors of cerebrovascular accident among hypertensive patients in a selected hospital".

Objectives of the study: The main objective of the study was to determine the knowledge regarding prevention of risk factors of cerebrovascular accident among hypertensive patients and to evaluate the effect of health education on prevention of risk factors of cerebrovascular accident among hypertensive patients.

MATERIALS AND METHODS

A quasi-experimental research design was selected for this study. Under the quasi-experimental research design, one group

*Corresponding author: Ms. Rashmi Kharel,
Masters of Science in Critical Care Nursing, Dr. D.Y Patil University,
Pune

pretest and posttest design was adopted. Sample of 60 hypertensive patients admitted in general ward and out patient department in Y.C.M Hospital and Dr D.Y Patil hospital were selected using purposive sampling technique. Pretest was conducted using a 20 item structured knowledge questionnaire on the knowledge regarding the prevention of risk factors of cerebrovascular accident among hypertensive patients. Following the pretest, health education on the prevention of risk factors of cerebrovascular accident among hypertensive patients was imparted to the subjects of this study and after seven days, Posttest was conducted.

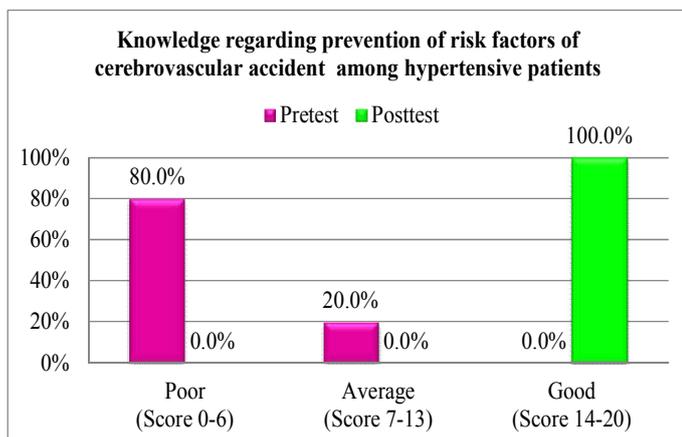


Fig. 1. Bar diagram showing percentage of Pre test score and post test score of knowledge regarding prevention of risk factors of cerebrovascular accident among hypertensive patients

RESULTS

The major findings of this study shows that, in pretest, majority of 80% of the hypertensive patients had poor knowledge (score 0-6) and minority 20% of them had average knowledge (score

7-13) regarding prevention of risk factors of cerebrovascular accident. In posttest, all of them had good knowledge (score 14-20) regarding prevention of risk factors of cerebrovascular accident (Fig.1). This indicates that the knowledge of the hypertensive patients improved remarkably after health education.

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