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## A Study To Assess The Effectiveness Of Structured Teaching Program On Hypertension In Terms Of Knowledge Among Patients In SreeBalaji Medical College And Hospital, Chennai, Tamil Nadu, India.

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### ABSTRACT

"A healthy mind in a healthy body" is a well quoted saying. 'Health' in its concept signifies physical, mental, social and spiritual well being. Among these the physical health remains as one of the essential components. Nurses have an obligation to provide quality nursing care service to the community and enhance the health status of the individual, family and the community. Objectives: The objective is to evaluate the effect of structured teaching program in terms of increase in knowledge score. Sample: The sample comprised of 60 patients with hypertension, who are getting treatment in SreeBalaji Medical College and Hospital. Results: Majority of the patients had adequate knowledge on hypertension after health teaching module. The health teaching module was found to be effective in improving knowledge. The investigator identified that there was an inadequate knowledge before structure teaching programme. After structured teaching programme, the investigator found that there was an increase of knowledge.

**Keywords:** Health, Hypertension, blood pressure, effectiveness, knowledge, module, structured teaching program.

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## INTRODUCTION

"A healthy mind in a healthy body" is a well quoted saying. 'Health' in its concept signifies physical, mental, social and spiritual well being. Among these the physical health remains as one of the essential components. Nurses have an obligation to provide quality nursing care service to the community and enhance the health status of the individual, family and the community.[1]

In normal circulation, pressure is exerted by the flow of blood through the heart and blood vessels. High blood pressure, known as hypertension, can result from a change in cardiac output, a change in peripheral resistance or both.[2] Hypertension is a systolic pressure greater than 140 mm Hg and a diastolic pressure greater than 90 mm Hg over a sustained period. (Brunner &Suddarth)

Hypertension is the silent killer disease of today because people who have it are often symptoms free. It is well recognized that hypertension is now a major health problem in India. Industrialization and urbanization of the country forces people to live a life which is a tension ridden sedentary life, which lead to such a scenario. It is the most common condition requiring lifelong drug therapy. Hypertension is common worldwide, affecting an estimated billion people, nearly three quarters of whom live in low or middle income countries[4]

### Objectives

To evaluate the effect of structured teaching program in terms of increase in knowledge score.

### Hypothesis

Post-test knowledge score regarding hypertension will be significantly higher than the mean pretest knowledge score of patients score of patients with hypertension who received structured teaching program.

## METHODOLOGY

The research design used in this study is quasi experimental design. Since it is not feasible to have a control group, the researcher wants to test the effectiveness of structured teaching program on hypertension among patients with hypertension with one group.

PRE-TEST		POST-TEST
O <sub>1</sub>	x	O <sub>2</sub>

O<sub>1</sub> Pre-test assessment of knowledge  
X-Structured teaching program  
O<sub>2</sub> Post-test assessment of knowledge

### Population

A population is a well-defined set that has certain specified properties. Those who attended hypertension outpatient department, both male and female between the age group 40-60, without any complication were taken as the study population.

### Sample Size

The sample comprised of 60 patients with hypertension, who are getting treatment in SreeBalaji Medical College and Hospital.

### Sampling Technique

Sampling is a process of selecting a portion of the designated population to represent the entire population. Purposive sampling technique was used to select sample for this study.

Level of knowledge	Pre test		Posttest	
	Frequency	Percentage	Frequency	Percentage
Adequately knowledge (76-100%)	0	0	42	70
Moderately adequate knowledge (51-75%)	5	8	13	22
Inadequate knowledge (Below 50%)	55	92	5	8

The findings of the study

- ✓ Majority of the patients had adequate knowledge on hypertension after health teaching module.
- ✓ The health teaching module was found to be effective in improving knowledge.

### NURSING EDUCATION

In school & college of nursing, the nurse educator should emphasize & motivate the nursing student to give planned health teaching, debates on hypertension in class teaching. Encourage the nursing student to conduct the health teaching module in the community regarding hypertension diet.

### CONCLUSION

The investigator identified that there was an inadequate knowledge before structure teaching programme. After structured teaching programme, the investigator found that there was an increase of knowledge.

Globally hypertension is a single major health issue. In order to promote lifespan of all hypertensive individuals, they themselves should take part in the line of management. Eventhough the government is taking more concern about people's health and costly drugs. Especially, the rural people with low socio economic conditions and poor literacy need more care and concern at their door step. So, we have to see them as our elder generation , give them adequate care and health education to prevent complication and promote their lifespan.

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