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Research Article

A Descriptive Study to Assess the Knowledge of Staff Nurses Regarding Management and Prevention of Complications Related to Hypertension in Selected Hospitals, Punjab

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Abstract
The objectives of the study were- to assess the knowledge of staff nurses regarding management and prevention of complications related to hypertension, to find out deficit area of staff nurses knowledge and management regarding prevention and complications of hypertension, to find out the relationship of knowledge regarding management among staff nurses with selected variables i.e. Age, gender, religion, marital status, course of training, area of work, years of experience, training institute, monthly income and source of information and to prepared & distribute pamphlets on management and prevention of complications related to hypertension.
The modified conceptual framework was developed on the basis of Roy's adaptation model (1991). A non experimental approach was adopted for the study. Non-probability convenience sampling was used and 100 samples were selected. The tool used in the study for data collection to assess the knowledge of staff nurses regarding management and prevention of complications of hypertension consist of two parts : First part consist of 10 items for obtaining demographic data regarding staff nurses. It includes selected variables i.e. age, gender, religion, marital status, course of training, area of work, years of experience, training institute, monthly income and source of information. The second part consist of structured knowledge questionnaire to assess the knowledge of staff nurses regarding management and prevention of complications related to hypertension. It consists of 45 items related to management of hypertension. It was divided into 6 areas i.e. Introduction, Causes & Risk factors, Sign & Symptoms, Complications, Prevention of Complications & Management. Descriptive & inferential statistics was used to analyze the data.

Introduction

Hypertension also called silent killer disease, which remains asymptomic, until the damage effect of it can be seen. Hypertension is an important and common risk factor for considerable morbidity and mortality not only in the industrialized world but also in developing countries. Thus, the problem of hypertension can be truly considered as pandemic. It can be determinal to all major organ including the heart,

brain, kidneys. It may contribute to death from heart failure, heart attack, stroke and even kidney failure. In view of high prevalence and high residual life time risk and significant morbidity and mortality primary prevention of hypertension remains very important. **Krousel et al (2004)**[1] Cardiovascular diseases are a major cause of mortality in Indian subcontinent causing more than 25% of death. India is projected to have more death from cardiovascular diseases than any other country in the world over the next decade. Hypertension is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease deaths in India Hypertension is a common condition that does not have specific clinical manifestations until target organ damage develops. It confers a substantial risk of cardiovascular disease much of which is at least partially reversible with treatment. Screening adults to detect hypertension early and initiate treatment before the onset of target organ damage occurs, is highly cost effective. **Gupta R et al (2008)**[2]

Table Relationship of mean knowledge regarding management and prevention of complications related to hypertension among staff nurses with Area of work **N = 100**

		Knowledge score	
Area of work	**n**	**Mean**	**SD**
OPD	9	16.23	2.1
Ward	32	21.2	1.89
Emergency	18	22.0	2.34
ICU	19	14.34	1.92
OT/recovery	6	23.4	1.23
Dialysis unit	9	22.0	2.57
Oncology unit	7	12.89	2.8
	df	**F**	
Between group	6	13.9*	
Within group	93		

Maximum score = 45 *significant at p<0.05
Minimum score= 0

Major Findings of the Study

Most of the staff nurses 48% were in the age group of 21-30 years and minimum 16% were in the age group above 41 years. Maximum of the staff nurses 78% were females and least 22 % were males. Finding according to the staff nurses religion 56% were Sikh and minimum 4% were Muslims. Highest number 48% of staff nurses were married and least 10% were divorced. According the professional qualification of the staff nurses 46% were had training of GNM course and minimum 6% had training of ANM. According to the area of work of staff nurses, 32 % staff nurses were working in wards and minimum 6% were working in OT/Recovery. Highest number of 43 % staff nurses had less than 5 years of experience and least 12% had 11-12 years of experience. Majority of the staff nurses 51% had course training from private colleges and minimum 7% had training from charitable colleges. Most of the staff nurses 57% were earning Rs. 5001 to Rs.10000/-, 19% and least 11% were earning more than Rs. 15,000. Highest number of staff nurses78% got information from printed media and least 7% got form Friends and Relatives and Health care Professionals. Most of the staff nurses i.e 47 (47.0%) had excellent knowledge, 24(24%) had average level of knowledge, followed by 19 (19%) had good level of knowledge 10 (10%) had poor level of knowledge regarding management and prevention of complications related to hypertension. Hence it was concluded that majority of staff nurses had excellent knowledge regarding prevention of complication related to Hypertension.

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