



ASSESS THE KNOWLEDGE REGARDING MANAGEMENT OF HYPERTENSION AMONG NURSING STUDENTS IN ALSHIFA COLLEGE OF NURSING.

ANCY MARY A, AMAL G NAIR, FASEELA K

TUTOR

Kerala University of Health Sciences

Abstract

A study to assess the knowledge regarding management of hypertension among nursing students in Alshifa College of Nursing. The objective of the study was a) Assess the level of knowledge regarding management of hypertension. b) To find out the association between the pre-test level of knowledge with selected demographic variables among nursing students. Descriptive research design was adopted for the study. Convenient sampling technique was used. Sample Size were 75 students, studying in 3rd semester. The investigator used structured knowledge questionnaire for assessing knowledge regarding management of hypertension among nursing students. The collected data were analyzed by using descriptive and inferential statistics. The result of pre test shows that out of 75 students 62(82.67%) student have moderate knowledge, 13(17.33%) students have adequate knowledge on management of hypertension. The range of mean and standard deviation of knowledge questionnaire are 9.64 and 3.3 respectively. Results showed that significant association was found between Marital Status. The calculated χ^2 value for Marital Status is 15.8 at 0.05 level of significance. The study finding expressed that the most of the 3rd semester B.Sc. Nursing student had Moderate knowledge.

Keywords

Nursing students, knowledge, Management of Hypertension

BACKGROUND OF THE STUDY

Hypertension (high blood pressure) is when the pressure in your blood vessels is too high (140/90 mmHg or higher). Hypertension is often called the “silent killer” because it usually has no symptoms until significant damage has occurred. Early detection through regular screening can prevent the onset of complications. Lifestyle changes can help lower high blood pressure and can help anyone with hypertension. Reducing hypertension prevents heart attack, stroke and kidney damage, as well as other health problems.

NEED FOR THE STUDY

Hypertension, or high blood pressure, is a major public health issue that increases the risk of cardiovascular diseases (CVDs), strokes, kidney disease, and other complications. Effective management of hypertension is essential for reducing these risks and improving overall health outcomes. The management approach is multi-faceted and depends on the severity of hypertension, the presence of co morbidities, and individual patient characteristics.

Managing hypertension among nursing students requires a holistic approach that includes prevention, early detection, lifestyle modifications, pharmacological interventions, and effective health education. Given that nursing students are future healthcare providers, equipping them with the knowledge and skills to manage hypertension is of utmost importance.

OBJECTIVES:

- ❖ Assess the level of knowledge regarding management of hypertension.
- ❖ To find out the association between level of knowledge with selected demographic variables among nursing students.

HYPOTHESIS:

- ❖ H1: There will be a significant association between the level of knowledge among nursing students and selected demographic variables.

STATEMENT OF THE PROBLEM

A study to assess the knowledge regarding management of hypertension among nursing students in Alshifa College of Nursing.

OPERATIONAL DEFINITION

Assess: In this context, "assess" refers to the systematic process of evaluating or measuring nursing students' knowledge and practices regarding universal safety precautions. This can involve various methods such as tests, surveys, observations, or practical evaluations..

Effectiveness: Effectiveness refers to the degree to which the knowledge and practices related to universal safety precautions are successfully applied by nursing students. This could be measured by the reduction in incidents of infection, adherence to safety protocols, or the improvement in safety outcomes.

Knowledge: This refers to the understanding and awareness that nursing students have regarding universal safety precautions. It includes their familiarity with guidelines, protocols, and the importance of these precautions in preventing infection and ensuring patient safety.

Management of hypertension: The management of hypertension refers to the process of diagnosing, monitoring, and treating high blood pressure (hypertension) to reduce the risks associated with this condition, such as stroke, heart attack, and kidney damage.

Nursing Students: This term refers to individuals currently enrolled in a nursing program, who are in the process of acquiring the knowledge, skills, and practices necessary to become professional nurses. Their education includes both theoretical knowledge and practical training in areas such as management of hypertension.

STUDY DESIGN

In the view of the nature of the problem selected for the present study, the research design selected was a descriptive study design.

SETTINGS:

The study was conducted in Alshifa College of Nursing, Perinthalmanna

POPULATION

The population for present study 3rd SEMESTER B.Sc Nursing Student in Alshifa College of Nursing, Perinthalmanna

SAMPLE:

75 Students in 3rd SEMESTER B.Sc Nursing Student in Alshifa College of Nursing, Perinthalmanna

SAMPLING TECHNIQUE:

The student were selected using convenient sampling technique

INCLUSION CRITERIA

- ▶ Student who are willing to participate.
- ▶ Both gender.

EXCLUSION CRITERIA

- ▶ Student who are not willing to participate
- ▶ Student who absent on the day of data collection.

RESEARCH TOOLS/INSTRUMENT

Research tool consists of 2 parts. Part 1-Demographical variables of the student, Part 2 contain multiple choice questions to answer the knowledge of students regarding management of hypertension. It consist of 20 multiple choice questions to answer the Management of hypertension. A score of “one” was given for every correct answer and score of “zero” was given for every wrong answers. The total score was converted into percentage and interpreted as follows.

S.No	Measurement Scale	Score
1	Adequate Knowledge	14-20
2	Moderate knowledge	7-13
3	Inadequate knowledge	1-6

METHODS OF DATA COLLECTION

The formal permission was obtained from the Principal of Alshifa College of Nursing, Perinthalmanna, to conduct the study with a commitment to adhere to the rules and regulations of the college. A total of 75 students were selected through a convenient sampling technique based on inclusion and exclusion criteria. After providing general instructions, Consent was obtained from the participants. The researcher then collected demographic data variables from the participants.

PLAN FOR DATA ANALYSIS:

The plan for data analysis includes descriptive statistics i.e., frequency, percentage, mean and standard deviation whereas for inferential statistics, it includes the chi square test.

RESULT:**Table :1**

S.No	Demographical variables	n	f
1	Gender		
	a)Male	15	20.00%
	b)Female	60	80.00%
2	Age		
	a)18-19 Years	14	18.67%
	b)19-20 Years	35	46.67%
	c)20-21 Years	15	20.00%
	d)Above 21	11	14.67%
3	Marital status		
	a)Married	7	9.33%
	b)Unmarried	68	90.67%
4	Source of knowledge		
	a)Book	37	49.33%
	b)Faculty class	32	42.67%
	c)Internet	6	8.00%
	d)Family member	0	0.00%

Table: 1 described about the frequency, percentage distribution of demographic variable. Distribution of the subject by Gender revealed that majority of the subject, i.e. out of 75 Students 60(80%) are in Female, As per the finding of the study, the majority of the subject, i.e. out of 75 Students 35(46.67%) of them were age between 19-20 years, with regards marital status out of 75 students 68(90.67% are unmarried), out of 75 students 37(49.33%) are Gain knowledge by Book.

Table2- Frequency percentage and distribution of samples on the level of knowledge regarding management of hypertension among nursing students .

S.No	Measurement Scale	Score	Frequency	Percentage
1	Adequate Knowledge	14-20	13	17.33%
2	Moderate Knowledge	7-13	62	82.67%

3	Inadequate Knowledge	1-6	0	0.00%
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Table-3 Range of Mean, Standard Deviation and Mean Percentage of Knowledge Score of students

Mean	Median	SD
9.64	38	3.3

Table 4: Association between level of knowledge and demographic variable

S.No	Demographical variables	Adequate knowledge		Moderate Knowledge		Chi Square
		n	f	n	f	
1	Gender					1.14
	a)Male	4	5.33%	11	14.67%	df=1
	b)Female	9	12.00%	51	68.00%	NS
2	Age					3.96
	a)18-19 Years	3	4.00%	11	14.67%	
	b)19-20 Years	4	5.33%	31	41.33%	
	c)20-21 Years	2	2.67%	13	17.33%	
	d)Above 21	4	5.33%	7	9.33%	
3	Marital status					15.8
	a)Married	5	6.67%	2	2.67%	df=1
	b)Unmarried	8	10.67%	60	80.00%	S*
4	Source of knowledge					2.41
	a)Book	4	5.33%	33	44.00%	
	b)Faculty class	8	10.67%	24	32.00%	
	c)Internet	1	1.33%	5	6.67%	
	d)Family member	0	0.00%	0	0.00%	

The data in the Table 4 shows that, significant association was found between Marital Status and the level of knowledge scores, whereas no significant association with Gender, Age, Source of Knowledge. Hence the research hypothesis was accepted at 0.05 level of significance for Marital Status.

CONCLUSION:

The study finding expressed that the most of the 3rd semester B.Sc. Nursing student had Moderate knowledge and there is association between the level of knowledge in selected demographical variables.

RECOMMENDATIONS:

- The same study can be conducted in different institution.
- The study can be done on small population.

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