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A study to assess the effectiveness of information booklet regarding stroke and its prevention among hypertensive patients in selected hospital, Bangalore

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Abstract

Background of the study: Stroke is the third most common cause of death in the world after heart diseases and cancers. Annually, 15 million people worldwide suffer from a stroke. Out of these, 5 million attain optimal recovery, 5 million die, and 5 million suffer from a long lasting disability, placing a huge burden on families and communities.

Aim of study: To assess the effectiveness of information booklet regarding stroke and its prevention among hypertensive patients.

Materials & Method: A Quasi-Experimental research design with one group Pre-test and Post-test design. Which consists of 60 hypertensive patients who are admitted in general medical ward in hospital, Bangalore. Structured knowledge questionnaire was developed in order to assess the knowledge regarding stroke and its prevention. A time limit of 30 minutes was taken to each sample for pre-test and followed a booklet for 30-45 minutes. The post-test was conducted by researcher after a period of one week using the same tool. The tools used for data analysis in this study were descriptive and inferential statistics.

Results: The results of the study showed that the pre-test among the 60 samples 27 (45%) samples had poor knowledge, 33(55%) samples had average knowledge and none of the sample had good and very good level of knowledge regarding stroke and its prevention among hypertensive patients. During the post-test 10(16.67%) samples had average knowledge, 33 (55%) samples achieved good level of knowledge, 17 (28.33%) samples had very good level of knowledge and none of the samples had poor knowledge.

Conclusion: Based on the research findings, it was concluded that the booklet gained and improved regarding stroke and its prevention among hypertensive patients.

Keywords: Effectiveness, booklet, knowledge, stroke, hypertensive

Introduction

Stroke is the third most common cause of death in the world after heart diseases and cancers. Annually, 15 million people worldwide suffer from a stroke. Out of these, 5 million attain optimal recovery, 5 million die, and 5 million suffer from a long lasting disability, placing a huge burden on families and communities ^[1]. Hispanic or Asian/Pacific Islander, family history of stroke, High blood pressure, High cholesterol, Smoking cigarettes, obesity and overweight, cardiovascular disease, previous stroke or transient ischemic attack (TIA), High levels of homocysteine (an amino acid in blood), Birth control use or other hormone therapy, cocaine use etc Much of stroke prevention is based on living a healthy lifestyle.² This includes: knowing and controlling blood pressure, finding out if you have atrial fibrillation, nonsmoking, lowering cholesterol, sodium, and fat intake, following a healthy diet.

Methodology

The objective of the to assess the effectiveness of information booklet regarding stroke and its prevention among hypertensive patients. The study was based on quasi-experimental one group pre-test post-test research design. Formal permission was obtained, privacy and confidentiality of each patient was maintained.

It was conducted among patients who are admitted in general medical ward in hospital, Bangalore.

Sample size

The size of the sample was 60 patients who are admitted in general medical ward in hospital, Bangalore.

Sampling technique

Non-probability purposive sampling techniques were used for the study.

Tools for data collection

The tool consisted of two sections: Section A- Demographic data Section B- Structured Knowledge Questionnaire Methods of data collection A Structured knowledge questionnaire on knowledge regarding stroke and its prevention was used for the data collection in the study.

Procedure for data collection

The data was collected in one month from patients who are admitted in general medical ward hospital, Bangalore. A total number of 60 patients were selected through Non probability purposive sampling technique. Proper orientation was given to the samples about the aim of the study, nature of questionnaire and adequate care was taken for confidentiality and identity.

The pre-test was conducted by using structured questionnaire that consists of Section A- Demographic data and Section B- MCQ. A time limit of 30 minutes was taken to each sample for pre-test. The pre-test was conducted in the small auditorium. After completion of pre-test the researcher gave introduction and followed a teaching programme for 30- 45 minutes by using booklet. After Teaching Programme their doubt were cleared. The post-test was conducted by the researcher after a period of one week using the same tool. The same procedure was followed for all the 60 samples.

Data analysis

The data were analysed and interpreted as stated in the objectives of the study by using descriptive and inferential statistics. Paired ‘t’ test was used to compare the effectiveness of teaching program.

Results

Table 1: Distribution of samples according to their pre-test and post-test level of knowledge (N=60).

Aspect	Experiment			
	N	%		
Pre-test level of knowledge	Poor	0 -15	27	45
	Average	16-30	33	55
	Good	31-45	0	0
	Very good	46-60	0	0
Post-test level of knowledge	Poor	0 -15	0	0
	Average	16-30	10	16.67
	Good	31-45	33	55
	Very good	46-60	17	28.33

Table 2: Effectiveness of information booklet on stroke and its prevention among hypertensive patients

Knowledge assessment	Mean	Mean difference	SD	df	Paired ‘t’ value	P value
Pre test	14.36	11.08	19.10	59	21.82	<0.01
Post test	25.45		22.38			

Table 2 shows that there is statistically significant difference on the level of knowledge pre-test of the hypertensive patients at the level of $p < 0.01$.

Discussion

The findings reveals that the pre-test among the 60 samples 27 (45%) samples had poor knowledge, 33(55%) samples had average knowledge and none of the sample had good and very good level of knowledge regarding stroke and its prevention among hypertensive patients. During the post-test 10(16.67%) samples had average knowledge, 33 (55%) samples achieved good level of knowledge, 17 (28.33%) samples had very good level of knowledge and none of the samples had poor knowledge. Thus the level of knowledge was improved in the post test while compared to the level of knowledge in the pre-test among the hypertensive patients regarding stroke and its prevention. Therefore the information booklet was effective.

Conclusions

The findings of the study concluded that knowledge regarding stroke and its prevention among hypertensive patients was highly effective after implementation of booklet. Therefore, it was proven that the application of teaching program amplify the knowledge among patients of hypertensive patients.

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