

A Study to Assess the Knowledge and Attitude Regarding Stroke and its Prevention among Hypertensive Patients in Selected Hospitals at Bareilly with a View to Develop an Information Booklet

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Abstract: *The results of present study shows that the level of knowledge regarding stroke and its prevention, 01(01.0%) were found inadequate knowledge, 10 (10.0%) were found to have moderately inadequate, and 89 (89.0%) were found adequate knowledge regarding stroke and its prevention. In relation to the attitude of the samples, 69(69.0%) hypertensive patients were having favourable level of attitude, 31 (31.0%) were having moderately favourable attitude and no one were found unfavourable attitude regarding stroke and its prevention. There was a highly significant relationship between the level of knowledge and attitude regarding stroke and its prevention among hypertensive patients.*

Keywords: Knowledge and attitude hypertensive patients

1. Introduction

Stroke is the third most common cause of death in the world after heart diseases and cancers^[1] Suggest that cases of fatality in those who develop a stroke are more in Sub-Saharan Africa than in developed countries. Sub-Saharan Africa is the term used to describe all those countries in the African continent that are not considered part of North Africa (Wikipedia, 2006c). These include central, West, South, and East African countries, including African Island nations (see map appendix A). Tanzania, a Sub-Saharan African country found in East Africa, faces challenges relating to the outcomes of stroke, similar to other Sub-Saharan countries.^[2] Health-seeking behaviour is a part and parcel of a person's, family's or community identity being the result of an evolving mix of personal, experiential and sociocultural factors. It varies for the same individuals or communities when faced with different diseases such as tuberculosis, HIV/AIDS and htn (Tipping and Segall, 1995; Ahmed et al., 2000; Outwater et al., 2001)^[3]

2. Objectives

- To assess the knowledge regarding stroke and its prevention among hypertensive patients.
- To assess the attitude regarding stroke and its prevention among hypertensive patients.
- To find out the co-relation between the knowledge and attitude regarding stroke and its prevention among hypertensive patients.
- To determine an association between the level of knowledge with selected demographic variables.
- To determine an association between the level of attitude with selected socio demographic variables.
- To develop an information booklet regarding stroke and its prevention.

3. Research Methodology

Research Approach:- Qualitative Research approach

Research design - descriptive co-relational research design.
Research Setting- Kaya Bandhu Ayurvedic & Panchkarma Centre Bareilly.

Target population- Hypertensive patients.

Sample Size- 100

Sampling Technique- Non-probability convenient sampling technique was used to select the sample.

Sampling Criteria- The criteria for sample selection are mainly depicted under two headings, which include the inclusion and exclusion criteria.

Inclusive criteria:

Hypertensive patients who are;

- Both men and women
- Above 30 years of age.
- Available during the period of data collection.
- Willing to participate in the study.
- Who can able to read and write Hindi or English.
- Who can mentally fit.

Exclusive Criteria

- Hypertensive patients who are having pregnancy induced hypertension
- Hypertensive patients who are already diagnosed with stroke.

- 1) (Tesha JJ. *Knowledge of stroke among hypertensive patients in selected hospitals in the Tanga Region, Tanzania* (Doctoral dissertation, University of the Western Cape).
- 2) Gills B. RBJ Walker, University of Victoria, Canada ‘An exceptional assemblage of essays written by an impressive array of critical theorists, artists and poets. The contributors lay down a powerful intellectual challenge aimed at disrupting dominant theorizations in IR, to “unhinge time from its presumed neutrality”, and provoke engagement with the temporal structure of.

Iyalomhe GB, Iyalomhe SI. Hypertension-related knowledge, attitudes and life-style practices among hypertensive patients in a sub-urban Nigerian community. *Journal of Public Health and epidemiology*. 2010 Jul 31;2(4):71-7.

High blood pressure is one of the most common causes of stroke because it puts unnecessary strain on blood vessel walls, causing them to thicken and deteriorate. Traditional risk factors of ischemic stroke in young adults include smoking, diabetes mellitus and hypertension. Studies from Asia showed ischemic and hemorrhagic strokes had the same risk factors, especially a history of hypertension. Other risk factors included a low high density lipoprotein level, the presence of three or more components of metabolic syndrome. In Bangkok, Thailand in 2018, morbidity of essential hypertension was 6.4% for inpatients for all age groups.

According To Mauricio Wajngarten and Gisele Sampaio (2019) stroke are the second most common cause of mortality worldwide and the third most common cause of disability. Hypertension is most prevalent risk factor for stroke. Stroke causes and hemodynamic consequences are heterogeneous which make the management of blood pressure in stroke patient’s complex requiring an accurate diagnosis and precise definition of therapeutic goals. Although there has been global trend towards a reduction in stroke incidence, prevalence and mortality since 1990s the overall stroke burden in terms of absolute number of people affected continues to increase. There are three main types of stroke: ischemic stroke, intracerebral stroke and subarachnoid haemorrhage stroke is 87%, 10% and 3% respectively. Men have higher incidence of stroke than women at younger ages, with the incidence reversed by 75 years. Hypertension is the most prevalent risk factor for stroke, based on data from 30 studies and has been reported in about 64% of patients with stroke. The cause of stroke and hemodynamic are heterogeneous across stroke subtypes and timings of disease presentation Thus, the management of blood pressure in stroke patients is complex and requires an accurate diagnosis and precise definition of therapeutic goals.

In the present study data was collected on knowledge and attitude regarding stroke and its prevention among hypertensive patients in selected hospitals at Bareilly.