



A Study to Assess the Knowledge on Risk factors and Warning signs of Stroke among Hypertensive Client At Selected Community Coimbatore

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Abstract:

Background of the study: Stroke is one of the leading cause of death globally and cause major disability in worldwide about 80% people who have their first stroke with high Blood Pressure

Objectives: To assess the knowledge on risk factors and warning sign of stroke among hypertensive client.

Methodology: Descriptive Research design was adopted to the study. Study was conducted for above the age of 40 years. A total of 60 Hypertensive client were selected using a purposive sampling technique. **Outcome**

measures: Knowledge regarding Hypertension client was assessed by structured self-administered questionnaire on risk factors and warning sign of stroke. **Results:** Among 60 respondents, 50% had poor knowledge (<50%), 22% had moderate knowledge (51-75%), and 28% had good knowledge (76-100%). **Conclusion:** The results reveal that hypertension client were having poor knowledge on risk factors and warning sign of stroke among hypertension client and health care professional to create awareness in community to reduce morbidity and mortality rate of stroke.

Key Words: Knowledge, Risk factors, Stroke, Warning sign, Hypertension client

1. INTRODUCTION:

Hypertension is described as one of the most common cause of stroke and the incidence of stroke among hypertensive patient is increasing in developing countries. (1) Identification of the major lifestyle risk factors of stroke and its warning sign has a direct implication for the prevention of stroke with the possible therapeutic measures in high risk group such as hypertensive patient. (2)

Stroke are one of the leading cause of Mortality worldwide and the global burden created by this rising .According to World health organization, 15 million people around the world suffer stroke annually. (3)The world health Organization reports that 62% of Stroke are related to poor blood pressure control (4) while adequate treatment of hypertension is associated with 35% to 40% reduction in stroke incidence (5) Stroke is a leading cause of mortality and disability worldwide and the economic cost of treatment (6) The inability to identify stroke warning sign accurately is an important cause of delay in seeking medical attention, leading potential ineligibility for prompt intervention (7). Prevention of main modifiable risk factors of cardiovascular disease such as Hypertension, diabetic mellitus, physical activity, smoking and obesity through effective prevention strategies consequently reduce disability and mortality occurs due to stroke(8)



2. STATEMENT OF THE PROBLEM

A study to assess the knowledge on risk factors and warning signs of stroke among hypertensive client at selected community, Coimbatore.

3. OBJECTIVES OF THE STUDY

- To assess the knowledge and risk factors and warning signs of stroke among hypertension client
- Association of knowledge and risk factors and warning signs of stroke among hypertension client with selected demographic variable.

4. MATERIALS AND METHODS

The research design applied for the study was Descriptive research design .The study population included above 40 years of age group with hypertension who residing in Selected community. The sample size of the study was 60 is used. Purposive sampling technique was used in this study.

CRITERIA FOR SAMPLE SELECTION

INCLUSION CRITERIA

- Both Male and female
- Above the age of 40 years
- Those who have Hypertension

EXCLUSION CRITERIA

- Those who have stroke
- Those who are all taking alternative treatment
- Those who have other chronic disease

The tool consists of 2 sections,

Section A: Demographic variables.

Section B: knowledge questionnaire on risk factors and warning signs of stroke.

The data collection tool was self-structured questionnaire the question consist of causes, risk factors, signs & symptoms, warning signs, diagnosis and treatment.

The responses scored from

Correct Answer	1
Wrong Answer	0

Interpretation of Score

Score	Level of Knowledge
< 50%	Poor
51-75%	Moderate
76-100%	Good

ETHICAL CONSIDERATION

The formal approval from PHC Medical Officer. The researcher gave freedom to decide voluntarily whether to participate in the study or withdraw from the study and right to ask permission question at any time .The investigation has maintained the study participant privacy throughout the study.



STATISTICAL ANALYSIS

Data was analysed using Descriptive and inferential statistics. Association between the demographic variable by chi square test.

5. RESULT

This study is aim to assess the knowledge on risk factors and warning signs of stroke among hypertensive client. Among 60 respondents 50% had poor knowledge score, 22 % had Moderate knowledge score, and 28% had good knowledge score. There was an association between knowledge score of the respondents in risk factors and warning sign of stroke with young age and duration of Hypertension, education.

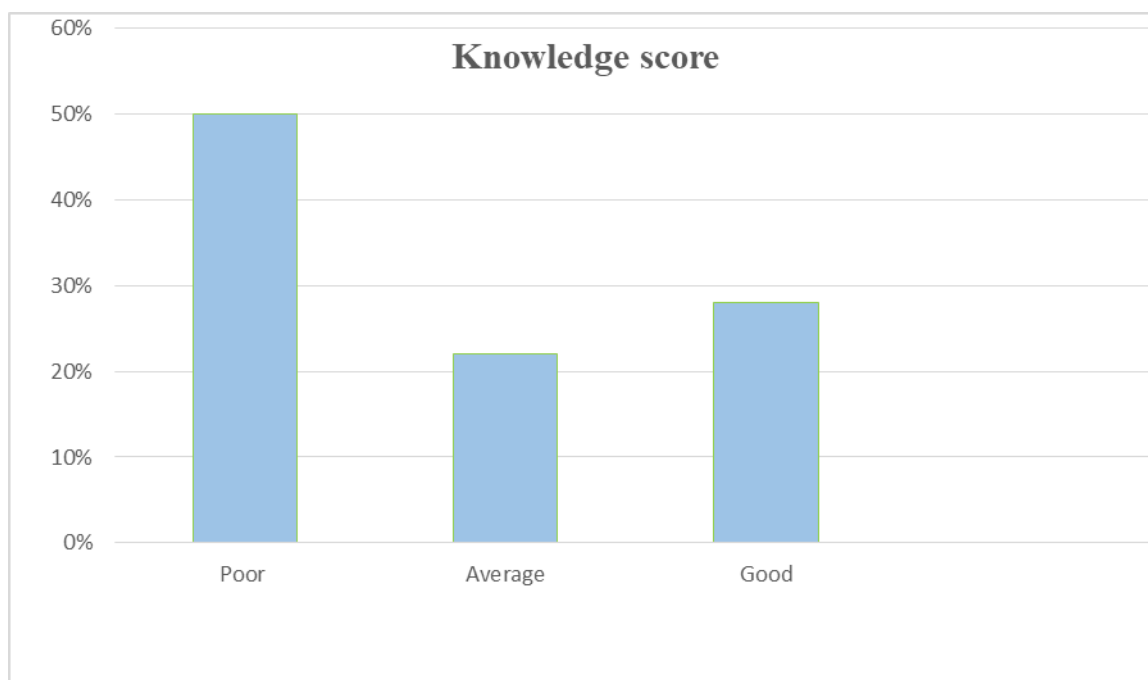


Figure 1: Percentage distribution of knowledge on risk factors and warning signs of stroke

6. DISCUSSION

To tackle global invisible Socio economic burden of stroke. Prevention is the mainstay both in low and high income countries, so this study aims to identify participant's awareness of stroke risk factors and its warning signs. Many hypertensive clients were aware of that hypertension is harmful, however, they were unsure about the intensity and type of damage that is caused. Due to hypertension, they are at risk of developing various health problems like various type of stroke. Most of the persons have low educational background and are not aware of health risks and prevention of stroke.

7. CONCLUSION

The study revealed that participants had poor knowledge on stroke warning sign. Most of the client had inadequate knowledge of warning sign of stroke, Adequate knowledge on risk factors and warning sign age, sex religion, education, marital status, type of food , duration of hypertension not significant (p value <0.05)and significant association with their income. According to the primary, health care concept primary prevention is the important aspect of create awareness by educating hypertensive client regarding prevention of stroke, which improves the knowledge, attitude and gain confidence in practicing it in their day to day life.

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