

“DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING MODIFIABLE RISK FACTORS OF MYOCARDIAL INFARCTION AMONG HYPERTENSIVE CLIENTS ATTENDING MEDICAL OPD IN PIMS AT UDAIPUR WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET”

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Abstract

Descriptive study to assess the knowledge regarding modifiable risk factors of myocardial infarction among hypertensive clients attending medical OPD in PIMS at Udaipur with a view to develop an information booklet. To assess the level of knowledge regarding modifiable risk factors of myocardial infarction among hypertensive clients. To find association of knowledge regarding modifiable risk factors of myocardial infarction among hypertensive clients with selected Socio-demographic variables such as age, gender, education etc. To prepare and distribute an information booklet. The research design adopted for this study was descriptive research design and research approach adopted for this was to quantitative approach the size was 100 hypertensive clients were attending medical OPD in PIMS at Udaipur. Result shows that knowledge level (71.00%) of the sample had inadequate knowledge (score: <50%) regarding modifiable risk factors of myocardial infarction while moderately adequate (score: 50-75%) was observed in 23% of the sample and 6% have adequate knowledge (score >75%). Shows that the knowledge score was in the range of (6-24) The data also depicts that the mean knowledge score (11.63±2.53) This study has shows that majority of hypertensive clients is having inadequate knowledge regarding risk factor of myocardial infarction.

Keywords: Knowledge; myocardial infarction; hypertensive patient.

INTRODUCTION

The heart is a hollow muscular organ that pumps blood throughout the blood vessels to various parts of the body by repeated, rhythmic contractions. Blood pressure is determined by various parts of the body by repeated, rhythmic contractions. Blood pressure is determined by the amount of blood that heart pumps and the amount of resistance to blood flow in arteries. High blood pressure is a common condition in which the force of the blood against artery walls is high enough that it may eventually cause health problems, such as heart disease.

Health is a gift and should be maintained well. This involves self-control, discipline, and determination to keep our body machine functioning to its optimal level. As much as we may not want to admit it, we are largely responsible for our own longevity and health.

A Healthy lifestyle is the combination of healthy eating and regular exercise, healthy balanced diet combined with regular physical activity helps to keep the heart healthy as well as helping the body keep

fit, maintain optimum body weight, improves energy utilization and prevent early onset of long term cardiac complication.

Diseases of cardiovascular system are the main causes of death [16.7 million], more than one third of these occur in middle aged adults. It is more in urban areas than in rural areas due to the pressure of risk factors. Risk factors can be classified as modifiable and un modifiable factors. It has been obtained in several studies .In Framingham study[2011] ,one of the most widely known 5209 men and women were observed for 20 years over time, it was noted that elevated blood pressure, elevated serum cholesterol, cigarette smoking were positively correlated with the incidence of coronary artery disease.

OBJECTIVES

1. To assess the level of knowledge regarding modifiable risk factors of myocardial infarction among hypertensive clients
2. To find association of knowledge regarding modifiable risk factors of myocardial infarction among hypertensive clients with selected Socio-demographic variables such as age, gender, education etc.
3. To prepare and distribute an information booklet.

SAMPLING CRITERIA

Inclusion criteria

The study sample includes the “hypertensive clients,” who are:

- Willing to participate.
- Available at the time of data collection
- Able to communicate in English, and Hindi.

Exclusive Criteria

The study excludes the hypertensive clients

- Who are not able to speak and read Hindi and English.
- Who are not willing to participate.
- who are not available at the time of data collection.

RESEARCH METHODOLOGY

- Research approach -Quantitative approach.Research design - descriptive survey
- Population - Hypertensive clients attending medical OPD in PIMS Hospital Udaipur.Setting of the study - Medical OPD in PIMS Hospital Udaipur.
- Sampling technique - Non probability convenience sampling.
- Sample and sample size - 100 hypertensive patient.
- Data collection technique and tool

The investigator selected the following technique in this study.

The knowledge questionnaire was used to assess the knowledge regarding modifiable risk factors of myocardial infarction among hypertensive clients attending medical OPD in PIMSHospital Udaipur. The investigator prepared tool through review of literature, reference of tool used for previous study and by consultation and guidance of experts and guide.

The investigator approached the sample individually, discussed objectives of the study and obtained consent for participation in the study. The samples were asked to read and mark [☐] the most

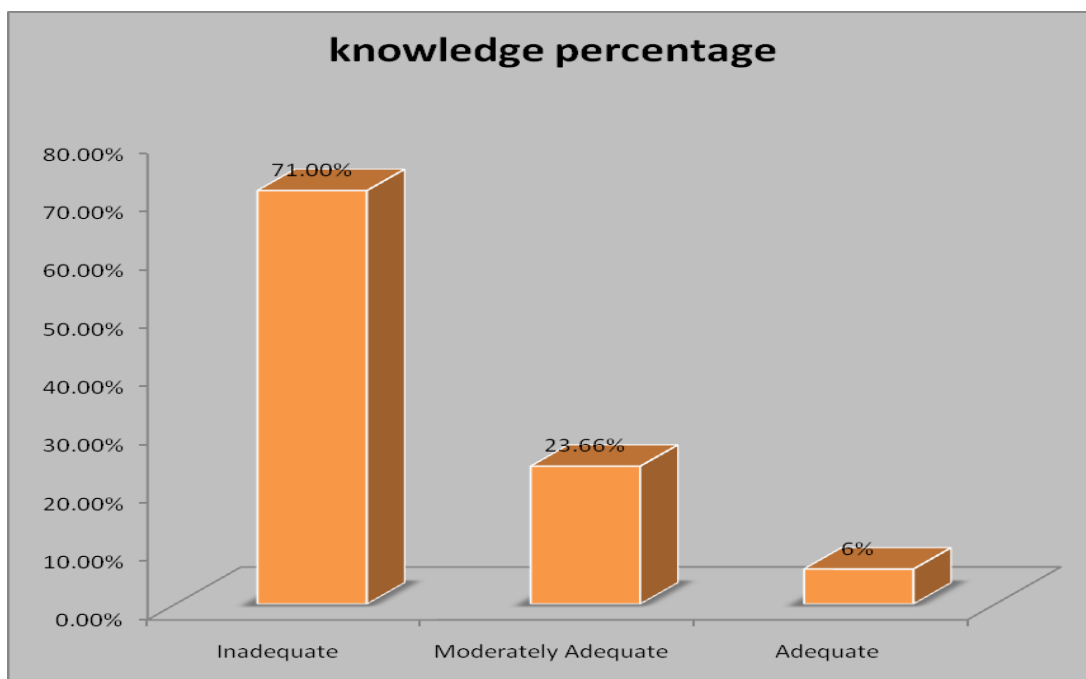
appropriate answer. The patient completed questionnaire and handed over the filled forms to the investigator.

RESULT

Description of the demographic variables of hypertensive client.

- Highest percentages 36(36%) of hypertensive clients were in the age group of 30-39 years, 32(32%) were in the age group of 40-49 years,26(26%) were in the age group 50- 59 years and 06(06%) were in the age group above 60 years.
- Highest percentages 72(72%) of hypertensive clients male and 28(28%) were female.
- 68(68%) of hypertensive clients is Hindu, 22(22%) of hypertensive clients had Muslim, only 10(10%) of client is Christian and 0 (0%) of hypertensive clients is other.
- Majority 41(41%) of hypertensive clients had higher secondary education, 33(33%) Hypertensive clients had higher PUC education, 14(14%) hypertensive clients were graduate and above education and 12 (12%) hypertensive clients were no formal education.
- Majority 41(41%) of hypertensive clients is joint family, 31(31%) Hypertensive clients are nuclear family and 28(28%) Hypertensive clients are extended family.
- Majority 45(45%) of hypertensive clients have income 10001 - 15000, 22(22%) of hypertensive clients have income 5001-10000 .24(24%) of hypertensive clients have above 15000.
- Highest percentages 69(69%) of hypertensive clients is vegetarian and 31(31%) hypertensive clients is non vegetarian.
- 63(90%) of hypertensive clients is no information, 37(37%) of hypertensive clients having previous information.

Frequency and percentage distribution of knowledge of hypertensive client.



Knowledge level (71.00%) of the sample had inadequate knowledge (score: <50%) regarding modifiable risk factors of myocardial infarction while moderately adequate (score: 50-75%) was observed in 23% of the sample and 6% have adequate knowledge (score >75%).

Association between the knowledge score and selected demographic variables.

n=100

S.No	Demographic variables	df	Chi square	Table Value
1.	Age	6	14.69*	12.59
2.	Gender	2	0.28	5.99
3.	Religion	4	5.35	9.48
4.	Education	6	15.06*	12.59
5.	Type of family	4	2.59	9.48
6.	Monthly family income	6	4.78	12.59
7.	Diet pattern	2	0.22	5.99
8.	Previous information	2	6.32*	5.99

There is significant association between the knowledge and their demographic variables such as age, education and previous information at $p \leq 0.05$ level. There is no significant association between the knowledge and their demographic variables such as gender, religion, type of family, monthly income and diet pattern at $p \leq 0.05$ level.

CONCLUSION

The study was conducted to assess the knowledge regarding modifiable risk factors of myocardial infarction among hypertensive clients attending medical OPD of PIMS Hospital at Udaipur with a view to develop an information booklet." In the present study 100 hypertensive clients were selected using non probability convenient sampling method.

The finding shows that knowledge level (71.00%) of the sample had inadequate knowledge (score: <50%) regarding modifiable risk factors of myocardial infarction while moderately adequate (score: 50-75%) was observed in 23% of the sample and 6% have adequate knowledge (score >75%). The study findings concluded that hypertensive clients had inadequate knowledge regarding modifiable risk factors of myocardial infarction.

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