THE KNOWLEDGE LEVEL OF HYPERTENSIVE PATIENTS; DO WE NEED TO DO MORE?

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INTRODUCTION
Hypertension (HT) is a worldwide disease that predisposes to many complications. The patient knowledge about HT is important because it not only increases the medicinal compliance but also makes the patients be responsible about their treatment.

AIM
In this study, we evaluated the knowledge level of hypertensive patients and compared it with various parameters.

RESULTS
None of the patients answered all the questions correctly. Mean number of correct answers was 10,4±3,4. The number of correct answers was related to the level of education (Chi square 16,3; p=0,003), to know adverse effects of the drug (p=0,017), to read the prospectus of the drug (p=0,033). The least correctly answered question was "The cause of the majority of headaches is hypertension.", while the most correctly answered one was "Hypertension and smoking increases the risk of heart diseases.".

DISCUSSION
It is well known that the knowledge level of hypertensive patients are important for various reasons:
1. The patient can decide more correctly about his/her future management.
2. The patient will have more responsibility about his/her management.
3. The health care professionals encounter less legislative procedures against them.
4. Less admission to health care unit will happen.
Therefore it is important to know the knowledge level of patients.
In this study, we found that the knowledge level of the patients are inadequate. There may be various reasons but the predominating reason is the patient himself. It is also important that some simple questions are answered wrongly. This failure partially explains the resistance of some hypertension cases to drug therapy.

MATERIALS & METHODS
The study included 150 consecutive patients (66±13 years, 73 female), who accepted to fulfill a questionnaire form, which included 18 true-or-false questions about HT and 14 multiple-choiced question about the patient profile. A nurse attended the patient to clarify the questions when necessary during the fulfilling process. Answers were analyzed both descriptively and comparatively by using SPSS 15.0.

DATA COLLECTION
1. Question Form
Socio-demographic characteristics
Questions related to the disease
Questions related to the hypertension

 This study was carried out in Cardiology Unit of GATA Haydarpasa Hospital of Gulhane Military Medical Academy, Istanbul between 15 July-15 November 2014.
 Tools were administered by face to face interview

STATISTICAL ANALYSIS
SPSS 15.0 was used.
-Descriptive, percentage, student t test, Mann-Whitney U tests and Kruskal Wallis test

CONCLUSION
The knowledge level of hypertensive patients is not at an adequate level. The patients, especially those ones with lower level of education, needs to be educated. We believe that the cardiac rehabilitation units for outpatients and discharge education for inpatients should be promoted for hypertensive patients.

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