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Institutional delivery and its associated factors: A cross-sectional community based study in Kavre district, Nepal

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Health facility delivery is considered a critical strategy to improve maternal health. The objective of this study was to identify utilization of institutional delivery and its associated factors. A descriptive cross-sectional study was carried out among the mothers of under five children in Dhungharka, Kavre district, Nepal. Pre-tested questionnaire was administered to 170 mothers between 15-45 years of age group. Household survey was done by using purposive sampling technique and face to face interview technique was used to collect the data from 1st July to 30th December 2014. Data was analyzed using simple descriptive statistic with SPSS version 16. Association with institutional delivery was assessed by using chi-square test. Among the total participants, 90.0% of them had institutional delivery. The higher proportions of institutional delivery were found in both literate mother ($p=0.001$) and literate husband ($p=0.023$). The proportion of institutional delivery among the mothers decided by their relatives (husband, father/mother-in-law and other family members) for institutional delivery had higher portion ($p=0.048$) of institutional delivery than participants who decide themselves. But the study was not able to find out the significant association between institutional delivery and age of mothers, husband's occupation and number of children, number of ANC visits and distance to nearest health facility for delivery. Utilization of institutional delivery was much higher than national figure. Institutional delivery was associated with both educational status of mothers and their husband. Decision made by husband, mother in-law, father in-law and other family members were also associated with institutional delivery. So, to increase institutional delivery, family members need to be encouraged for safe motherhood program.

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Knowledge attitude and practices regarding life style modifications of hypertensive patients at selected primary health centres

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Statement of the Problem: A non-communicable disease is a medical condition or disease that is chronic, generally progresses slowly, non-infectious, non-transmissible and are the leading causes of death globally, killing more people than all other causes of death combined. Examples of non-communicable diseases are hypertension, diabetes, cardiovascular diseases etc. report that out of the 1 million estimated hypertensives worldwide, about two thirds are from developing/underdeveloped countries. Also, estimate that by 2030, mortality due to cardiovascular diseases in the adult population will reach 23 million with about 85% of such deaths occurring in low and middle-income countries. The purpose of this study is to assess the knowledge attitudes, practices regarding life style modifications of hypertensive patients at selected primary health centres.

Methodology & Theoretical Orientation: A cross sectional descriptive study was utilized to conduct the study. A convenience sample of male and female hypertensive patients with newly diagnosed hypertension attending the primary health centres. The criteria for sample selection were ≥ 40 year's age of the patient should have been diagnosed as hypertensive and patients should currently receive treatment for hypertension.

Findings: These study findings have demonstrated inadequate knowledge among patients with hypertension and there is a poor level of awareness about lifestyle behavior modifications which is needed in the control of hypertension.

Conclusion & Significance: Increased awareness of hypertensive patients about risk factors of hypertension is essential to motivate them to adopt healthy lifestyle and behaviors to control the diseases. It is necessary to emphasize that building a trusting relationship between the healthcare workers and the patient is most important aspects when motivating patients to change their life style behaviors.

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