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### **Awareness regarding self-care among hypertensive patients attending at Teaching Hospital, Chitwan, Nepal**

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Hypertension is a common health problem in the developing as well as developed countries. Awareness regarding self-care among hypertensive patients is the key factor to enhance quality of life among them. Therefore this study was conducted to find out the awareness regarding self-care among hypertensive patients attending at teaching hospital, Chitwan. A descriptive cross sectional study design was used with 67 hypertensive patients in Chitwan Medical College teaching hospital (CMCTH), who attending OPD of a Teaching hospital, Chitwan during ( 8-21)June, 2018. A non-probability purposive sampling technique was used to collect data by using face to face interview method using semi-structured questionnaire. Data analysis was done in-terms of descriptive and inferential statistics (Chi-square). The result of this study showed that 74.6% of respondents were aware about self-care management among hypertensive patients. There was a good awareness in all domains like disease condition, diet, exercise, follow up, controlling measure for blood pressure and complication. None of the variables were significantly associated with level of awareness of self-care among hypertensive patient. It is concluded that majority of the respondents have adequate awareness regarding self-care. Thus focus should be done on updating time to time on awareness programs from hospital to community level.

**Keywords:** Awareness, Self-care,; Hypertensive patients

#### **Biography**

Rosy Shrestha is a Nursing Director at Norvic International Hospital Thapathali, Nepal. Earlier She was the Head of Department of Adult Health Nursing at Chitwan Medical College, Nepal.

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