



## EVALUATION OF NURSES KNOWLEDGE REGARDING TO ESSENTIAL HYPERTENSION AT BASRA GENERAL HOSPITAL

ABDUL KAREEM ALI QASSIM

Assistant Instructor, College of Nursing, University of Basra, Iraq

### ABSTRACT

The study was conducted at Basra General Hospital in Basra city (south of Iraq). A descriptive design was carried throughout the present study from January 21<sup>st</sup>, 2013 to August 15<sup>th</sup>, 2013. The study aims to evaluate level of nurses knowledge about hypertension disease. A purposive sample of (100) nurses was selected who work at the certain hospital. A questionnaire was constructed for the purpose of the study. It comprised of (20) question related to hypertension disease. Content validity of the questionnaire was determined through panel of experts .The data were collected through the application of structural interview. Data collection was initiated from March 1<sup>st</sup> 2013 to June15<sup>th</sup> 2013. The data were analyzed through the application of descriptive data analysis (frequency, percentage). The study concluded that the majority of nurses represent the educational level of preparatory schools of nursing, those nurse shave better level of knowledge about hypertension disease comparing with nurses of institute, generally, nurses of both educational levels have good knowledge about hypertension. The study recommended that nurses from different educational levels should be involved in more obligatory courses regarding such diseases particularly those who work in medical-surgical wards to develop and enrich their knowledge, more studies should be conducted continuously on large numbers of nurses to follow up their level of knowledge.

**KEYWORDS:** Basra General Hospital, Basra City, Silent Killer, Essentially Asymptomatic, Hypertension Affects Approximately

### INTRODUCTION

They call it the “silent killer.” Essentially asymptomatic, hypertension affects approximately 73.6 million (one in three) adult Americans and is a major risk factor for cardiovascular disease (2). Hypertension can develop late in life — individuals with normal blood pressure at age 55 have a 90 % life-time risk for developing hypertension (7). 21.3 % of Americans are unaware that they have hypertension (1). Hypertension is a key risk factor for severe or catastrophic cardiovascular disease events myocardial infarction, heart failure, stroke, and kidney disease (7). It has been estimated that just a 3 mmHg reduction in systolic BP could lead to an 8 % reduction in stroke mortality and a 5 % reduction in mortality from coronary heart disease (3). Hypertension will be considered with peripheral vascular disorders. Hypertension is a risk factor in atherosclerosis which leads to peripheral vascular disease (6). In the total U.S population of persons with hypertension, 90 - 95 % have primary hypertension high blood pressure from an un identification cause (14).

### Importance of the Study

Hypertension is extremely common, being present in 20-30 of adult population with even higher rates in black Africans.(10). Hypertension is more common in some ethnic groups, particularly Black Americans and Japanese, and approximately 40-60 % is explained by genetic factors. (15). In about 5% of unselected cases, hypertension can be shown

to be a consequence of a specific disease or abnormality leading to sodium retention and/or peripheral vasoconstriction (13). Due to these facts, the researcher intended this subject for the present study.

### **Statement of the Study**

Evaluation of Nurses Knowledge Regarding to Essential Hypertension at Basra General Hospital.

### **Objective of the Study (Purpose of the Study Problem)**

To evaluate level of knowledge for nurses about hypertension disease.

### **Definition of Terms**

#### **Knowledge**

- **Theoretical Definition:**
- **Operational Definition:** The amount of related, specific information that obtained through education and Experience which enable the practitioner to achieve tasks properly as far as he/ she could.

### **Essential Hypertension**

- **Theoretical Definition:** It is a type of hypertension which makes up 90-95% of all diagnosed cases (4).
- **Operational Definition:** It is unknown causation disease which characterizes by the elevation of blood pressure (systolic, diastolic, or both) above the normal average.

**Design of the Study:** Descriptive design was carried out to evaluate the knowledge of nurses about essential hypertension disease.

**Setting of the Study:** The study was conducted at Basra General Hospital for the period; January 21<sup>st</sup>, 2013 to August 15<sup>th</sup>, 2013.

**Population and Sample Selection:** The target population of the study was 100nurses who work at the hospital and according to the following criteria:

- Males and Females
- Those who graduated from preparatory & institute of nursing.

**Study Instrument:** A questionnaire was designed and constructed for the purpose of the present study. The questionnaire was consisted of (20) items to identity and describe

The educational level of nurses-The knowledge of nurses about hypertension.

**Methods of Data Collection:** Data was gathered by the investigator through structural interview with the nurses and by the use of questionnaire. Data collection was initiated from March 1<sup>st</sup> 2013 to June15<sup>th</sup> 2013 at Basra General Hospital.

### **Statistical Data Analysis**

The data were analyzed through application of the descriptive data analysis:

- Frequency
- Percentage

$$\% = \frac{\text{frequencies}}{\text{samplesize}} \times 100$$

## DISCUSSIONS OF RESULTS

**Table 1: Distribution of Sample According to Educational Level**

Educational Level	Frequency	Percentage
Preparatory	62	62
Institute	38	38
<b>Total</b>	<b>100</b>	<b>100</b>

The majority represent educational level of preparatory school of nursing.

**Table 2: Evaluation of Knowledge for Nurses According to Their Answers**

Educational Level	Answers		Percentage
	Correct	Wrong	
72	342	898	Preparatory
68	240	520	Institute

The highest level of knowledge represents educational level of preparatory school of nursing.

**Table 3: The Final Evaluation of Knowledge for Sample after Gathering**

Educational Levels	Percentage
Preparatory + Institute	70

Generally, level of knowledge for all nurses is good.

## DISCUSSION OF THE STUDY RESULT

**Table No. 1**

Data analysis of educational levels had revealed that most of these subjects represent preparatory school of nursing (62%).

This finding can be interpreted that the major source of graduates is preparatory schools of nursing. The primary pathway to professional nursing, as compared to technical-level practice, is the four-year bachelor of science in nursing (B.S.N) degree (1).

**Table No. 2**

Data analysis revealed that nurses who represent the educational level of preparatory have the highest level of knowledge (72%)

This finding can be interpreted that nurses who represent preparatory schools of nursing are more qualified than those who represent institute regarding hypertension disease.

**Table No. 3**

The final result shows that level of knowledge for all nurses concerning their different educational levels represent (70%).

This finding can be interpreted that generally, all nurses (males & females) have good body of knowledge to perform knowledgeable and effective care regarding hypertension disease. Education has a significant impact on the competencies & knowledge base of nurse clinicians (2).

**CONCLUSIONS**

- The majority of nurses represents preparatory schools of nursing.
- These nurses (of preparatory schools) have better level of knowledge than nurses of institute about hypertension disease.
- Generally, nurses of both educational levels have good knowledge regarding hypertension disease.

**RECOMMENDATIONS**

- All nurses from different educational levels should be involved in more obligatory courses regarding such diseases particularly those who work in medical-surgical wards to develop and enrich their knowledge.
- More studies should be conducted continuously on large numbers of nurses to follow up their level of knowledge.

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