A Study to Evaluate Effectiveness of Structured Teaching Programme on Knowledge of Relaxation Therapy Among Patients with Hypertension in Selected Hospitals at Chennai

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Abstract: *Hypertension is the most common continuing medical condition and the biggest single health problem tackled by nurses in the medical surgical and community health nursing set up. The sample size is 30 patients coming to the Out Patient Department in the Sree Balaji Medical college and Hospital, Chennai. The sample was selected in a non-probability convenient sampling method. In the study a total number of 30 patients who fulfilled the inclusion criteria were selected. The chapter on methodology has dealt with research approach and design, the setting, population, sample and sampling technique, data collection instrument and its description, data collection procedure, plan for data analysis. The tool used for data collection was validated by the experts from the area of Medical and Surgical Nursing. As per suggestions the necessary changes were incorporated in the tool. The reliability of the structured questionnaire, r = 5.5 which was found to be reliable.*

Keywords: Effectiveness, ralaxation therapy, hypertension, structured teaching programme

1. Introduction

The word 'hypertension' is used in medical jargon with exactly the same meaning as 'high blood pressure'. The word 'hypertension' comes from translating the French phrase 'tension arterielle'. This originally referred to not the tension in the mind (stress) but to the tension (stretching) in the walls of the arteries High BP means the heart is working harder than normal, putting both the heart and the blood vessels under strain. Systolic blood pressure is the pressure in the arteries when the heart beats or pumps and the diastolic BP is the pressure in the arteries when the heart is resting between beats. Blood pressure is considered elevated when systolic pressure reaches or exceeds 140 mm of Hg and diastolic pressure reaches or exceeds 90 mm of Hg.

2. Objectives

- To assess the level of knowledge regarding relaxation therapy among hypertension patients before structured teaching programme.
- To assess the level of knowledge regarding relaxation therapy among hypertension patients after structured teaching programme.
- To determine the association between knowledge regarding relaxation therapy among hypertension patients with selected demographic variables.

3. Materials and Methods

The study adopts an evaluative approach, pre-experimental design (one group pretest and posttest design) The study was conducted in Sree Balaji Medical College and Hospital. The sample was selected in a non-probability convenient sampling method. In the study a total number of 30 patients who fulfilled the inclusion criteria were selected. The instrument consist of two parts part I deals with Demographic variables and part II deals with assessment of knowledge relaxation therapy among patients with hypertension

4. Result and Analysis

The retest method was used to establish the reliability of the tool. Among 30 patients in Sree Balaji Medical College & Hospital, Chennai, majority of the patients have 9 (30%) moderate knowledge, 21 (70%) have adequate knowledge regarding Hypertension. Hence the stated hypothesis that there will be proper knowledge on Hypertension among patients in ward, the study was to determine the association between knowledge regarding Hypertension among patients with selected demographic variables it shows there is no significant association between the level of knowledge and demographic variables. The statistical significance was calculated using chi-square test.
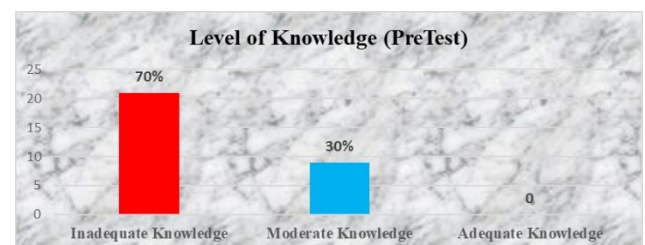

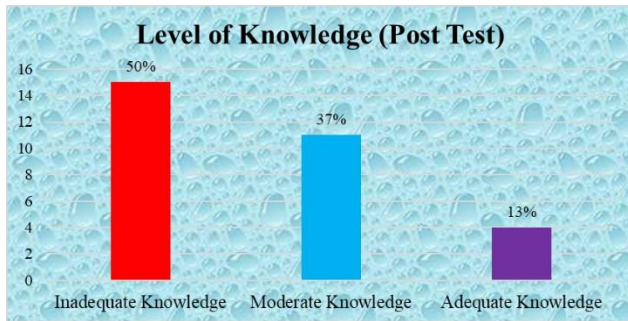**Figure 1:** Pre-Test Knowledge Among Patients with Hypertension

Figure 2: Frequency and percentage distribution of the post-test level of knowledge regarding awareness of Hypertension in patients admitted in selected hospitals

5. Conclusion

The researcher adopted the pre-experimental research design. Non-probability-convenient sampling technique was used to select 30 samples based on the inclusion criteria. The study was conducted in Sree Balaji Medical College and Hospital. The researcher felt a deep sense of satisfaction and fulfilment for having the undertaken study.

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