

A Study to assess the knowledge and attitude regarding selective complimentary therapies for management of Hypertension among Hypertensive patients in selected area of Bengaluru.

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ABSTRACT:

Introduction: The heart is a crucial bodily organ. The heart's primary job is to pump blood throughout the body. A broad category of conventional practices known as complementary therapy consists primarily of food supplements and herbal remedies. Acupuncture is one example of complementary medicine in medical care that is not a typical scientific treatment used in western countries. an extensive selection of or in addition to common medicine. **Design:** A quantitative approach using Survey research design. **Participants:** In Mehsana city, 300 selected hypertension patients were chosen using the non-probability convenient sampling technique. **Tool:** Self- Structured Knowledge Questionnaire and attitude rating scale (likert scale). **Results:** Using descriptive and inferential statistics, the collected data were examined and understood in the context of objective criteria. Regarding a few complementary therapies, 26.33% of the sample had low knowledge (0–6), 60.33% had average knowledge (7–13) and 13.33% had high knowledge (14–20). 78% of patients have a good attitude about complementary therapies compared to 22% who don't. The correlation coefficient was calculated to evaluate the relationship between attitude and knowledge. It came out to 0.60. It demonstrates a moderate relationship between attitude and knowledge of particular complementary therapies. At a significance level of 0.05, the chi-square test was employed to relate knowledge and attitude levels to the chosen demographic variable. **Conclusion:** The study's findings showed that the sample had average awareness of a few complementary therapies. The study's findings show a moderate relationship between knowledge and attitude toward particular complementary therapies.

KEYWORDS: Assess, Knowledge, Attitude, Complimentary therapies, Management, Hypertension, Hypertensive patients.

INTRODUCTION:

BACKGROUND OF THE STUDY:

“Without health life is not life it is only a state of languor and suffering an image of death.” Buddha.

The heart is a crucial bodily organ. The heart's primary job is to pump blood throughout the body. Blood pressure is a function of peripheral resistance multiplied by cardiac output because a pressure is required to deliver blood to the entire body. The first person to measure a man's blood pressure was an English clergyman. A change in peripheral resistance, a change in cardiac output, or both can cause hypertension, or high blood pressure.¹ Due to its significance in the development of coronary heart disease, stroke, and other vascular complications, hypertension is a chronic condition that warrants attention. One of the main factors contributing to adult mortality and disability is hypertension, an arterial vascular disorder marked by continuous elevation in blood pressure.¹

The use of complementary therapies in the management of blood pressure is becoming more popular. Therapies that are not categorized as traditional pharmacological treatment are referred to as complementary therapies. The use of common herbs, meditation, massage, biofeedback, reflexology, acupuncture, spirituality, homeopathy, and hypnosis are only a few examples of

the various healing options it contains that are connected to personal beliefs and cultural treatment customs. Notably, complementary medicines vary depending on ethnic variation across the globe. There is still limited and inconvenient information available regarding the dosage, preparation, and dispensing guidelines. Numerous herbals, non-herbal, and other treatments to blood pressure regulation have been documented in prior investigations. As many as 85.7% of people used complementary therapy to regulate their blood pressure. The widespread usage of complementary therapies among HTN patients suggests a particular attitude toward them. According to earlier research, those who use complementary therapies tend to be happier people.²

Acupuncture is one example of complementary medicine in medical care that is not a typical scientific treatment used in western countries. an extensive selection of or in addition to common medicine.³

NEED OF THE STUDY:

According to the WHO, hypertension is a disease that affects a large portion of the population; in India, 20% of adults have the ailment.

Although hypertension is a major contributor to heart failure, stroke, and kidney failure, it is also known as the "silent killer" because many people with the condition are symptom-free. Preventing and managing hypertension with complementary therapies poses a significant challenge to our healthcare system.¹⁴

According to Google's most recent data on hypertension as of September 25, 2019, the states with the greatest prevalence are Andhra Pradesh (13.3%), Odessa (9%), Chhattisgarh (8.4%), and Gujarat (6.7%), while Assam and Rajasthan (1.4%), Kerala (2.4%), Bihar (2.7%), and Uttar Pradesh (3.6%) are the states with the lowest prevalence. India's hypertension prevalence is 25% in urban areas and 10% in rural areas, according to recent studies.¹⁷

BMC Alternative Medicine According to a study published on July 19 in a journal, 29% of the study sample used complementary medicine to treat their hypertension. Herbs (63%) and garlic (21%) were the most often utilized forms among those who used complementary.¹⁸

PROBLEM STATEMENT:

"A study to evaluate the knowledge and attitudes of hypertensive patients in a particular area in Bengaluru City toward specific complementary therapies for the management of hypertension."

OBJECTIVES:

1. To determine how well hypertensive patients are informed about specific complementary therapy for managing their condition.
2. To determine how hypertensive patients feel about specific complementary therapies for the treatment of their condition.
3. To compare the knowledge and attitudes of hypertensive patients about specific complementary therapies for the treatment of hypertension.
4. To ascertain the relationship between knowledge and attitude and the demographic factors they have chosen.

ASSUMPTION:

- Patients might not be sufficiently informed about complementary therapies.
- Stress can raise blood pressure; complementary therapies might assist lower blood pressure.
- Patient may have negative attitude regarding complimentary therapies.

METHODOLOGY:

The knowledge and attitudes of hypertensive patients in a particular location in Mehsana City towards specific complementary therapies for the management of hypertension were evaluated using a quantitative approach to the study. According to Mahanthappa, B. T. (2007), a quasi-experiment is a quantitative research strategy in which the independent variable is always altered and control measures are used, but the other component of a real experiment, subject randomization, is not present.

RESULTS:

Using descriptive and inferential statistics, the collected data were analysed and interpreted in the context of objective criteria. Regarding a few complementary therapies, 26.33% of the sample had low knowledge (0–6), 60.33% had average knowledge (7–13) and 13.33% had high knowledge (14–20). 78% of patients have a good attitude about complementary therapies compared

to 22% who don't. The correlation coefficient was calculated to evaluate the relationship between attitude and knowledge. The final score was 0.600. It demonstrates a moderate relationship between attitude and knowledge of particular complementary therapies. At a significance level of 0.05, the chi-square test was employed to relate knowledge and attitude levels to the chosen demographic variable. the samples' perceptions oncomplementary therapies 234 (78%) of the samples had favourable attitudes, compared to 66 (22%) ofthe samples with unfavourable attitudes.

Analysis and interpretation of data:

Table No. 1:

Knowledge level	Classification	Frequency	Percentage (%)
Poor	0-6	79	26.33%
Average	7-13	181	60.33%
Good	14-20	40	13.33%
Total		300	100%

Table No. 2:

TEST	MEAN	MEAN PERCENTAGE	SD
Knowledge	9.5	47.61%	3.69
Attitude	46.48	387.36%	5.37

Finding related to association between knowledge and attitude score of hypertensive patients withselected demographic variables:

This finding of study indicates that there was moderate relation between knowledge and attitude regarding selected complimentary therapies with selected demographic variables.

CONCLUSION:

The study's findings showed that the sample had average awareness of a few complementary therapies. The patients' attitudes about complementary therapy were also positive. The study's findings show a moderate relationship between knowledge and attitude toward particular complementary therapies.

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