

Evaluation of self-care status of hypertensive patients in Ardabil during coronavirus pandemic from march 2020 to march 2021

Abstract

Background: Hypertension is the main risk factor associated with morbidity and mortality of patients and as the most common cause of death is years of life lost and years of life with disability. According to a report by the World Health Organization, 29.2% of men and 24.8% of adult women in the world suffer from hypertension because hypertension is a risk factor for cardiovascular disease and needs special attention. Hypertension causes damage to terminal organs, including the heart, brain, kidney system, and eyes, and kills about 9 million patients annually, yet only less than 15% of people control it.

Aim: The aim of this study was to evaluate the self-care status of hypertensive patients during the coronavirus pandemic.

Materials & Methods: Our statistical population included patients with hypertension in Ardabil. In this community, samples were selected from people who referred to the cardiology and nephrology clinics of Imam Khomeini Hospital in Ardabil. The sample selection method was simple random. HSCALE self-care questionnaire was used to collect information. The questionnaire examines the status of self-care behaviors during the last 7 days with 30 questions and scores based on the self-care behaviors in 7 days. Chi-Square, ANOVA and T-test were used to compare adherent and non-adherent patients from the subscales of H-Scale questionnaire based on demographic and clinical variables.

Results: Out of 350 participants with hypertension, 126 (64%) were female and 300 (85.7%) were married. 153 patients (43.7%) of the participants had undergraduate education. 243 patients (69.4%) of the patients were over 40 years old and 209 patients (59.7%) of the participants in terms of amount BMI were in the overweight group. Adherence to a low-salt diet, weight management, adherence to the treatment of hypertension, physical activity and alcohol consumption in 134 (38.3%), 0 (0%), 5 (1.4%), 101 (28.9%) and 326 (93.1%) patients were reported.. According to the results of this study, only the relationship between physical activity and academic status was significant ($P=0.04$), so that in patients with a degree below the diploma, physical activity was significantly lower than other educational groups. Sub-scales of adherence to hypertension treatment, low-salt diet and physical activity of hypertensive self-care were not significantly associated with diabetes, hyperlipidemia, cardiovascular disease, age group and BMI range. Also, the difference between following the instructions to abstain from alcohol based on gender was significant ($P=0.02$), so that non-compliance in males was significantly higher, also With increasing duration of hypertension, alcohol consumption decreased significantly (p value equal to 0.01). Mean BMI, age and duration of the disease were not significantly associated with the subscales of the H-Scale questionnaire.

Conclusion: Based on the results, the rate of patients' adherence to self-care behaviors was generally not at a desirable level. Also, patients' higher education resulted in better compliance with blood pressure self-care instructions and self-care instructions did not correlate with duration of illness, marital status, history of blood pressure management training, and diabetes and hyperlipidemia.

Keywords: Hypertension-Covid19-Self-care