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Study of Knowledge, Attitude, and Practice toward Hypertension and Diabetes among Population at Nelmakanahalli Camp

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ABSTRACT

OBJECTIVES: To study the demographic details of hypertensive and diabetic patients and their knowledge, attitude, and practices (KAP) regarding their illness.

METHODS: We examined KAP on hypertension and diabetes in a sample of 60 adult hypertensive patients and 60 adult diabetic patients aged above 20 years. KAP's were assessed during the one day general health camp conducted at nelmakanahalli.

RESULTS: HYPERTENSION


Our study conclude that participants having a good knowledge and attitude towards hypertension whereas coming to the practice of the hypertension is very poor.

DIABETES MELLITUS

Our study conclude that participants having a moderate knowledge towards diabetes mellitus, whereas coming to the attitude and practice of diabetes mellitus is poor.

CONCLUSION: Patient counseling by the community pharmacist and physician can play a vital role in imparting education to the diabetic and hypertensive patients. Strategies to modify lifestyle which help in control of hypertension and diabetes include providing the leaflets as well as direct educational programs. There is a need of pharmaceutical care program to increase the patients understanding about the disease management and to enhance the knowledge of the patients regarding the importance of self-monitoring of blood glucose and regular BP checkup is essential.

KEYWORDS: Hypertension, Diabetes, Knowledge, Attitude, Practices.

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