



Service Priorities and Programmes Electronic Presentations

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Do Patients in GOPC have adequate knowledge on hypertension?

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Introduction

Hypertension is one of the most commonly encountered diseases in primary health care. Local data revealed that around 27% of the population aged 15 or above had hypertension. The prevalence increased with advancing age, with 5.5% among those aged 15-24 and up to 73.3% for those aged 75 and above (1). Poorly controlled hypertension can lead to many complications. A better understanding on patient's knowledge and perception on hypertension enhance the effectiveness of management of hypertension in primary care.

Objectives

To assess patient's knowledge and perception on hypertension in primary care setting.

Methodology

A cross-sectional survey of 121 patients (age 18 to 79) from the general out-patient clinic was undertaken during November 2013 to December 2013. Patients with age 80 or above were excluded since the target BP was different. In Cheung Sha Wan Jockey Club GOPC, patients were randomly selected and their demographics, knowledge and perception of hypertension were assessed by questionnaires.

Result

Total 121 patients were recruited. 45 were male and 76 were female. Their age ranged from 34 to 79. 101 patients (83.5%) had known hypertension, of which 78 patients (77.2%) had own BP monitoring. However, only 23 of them (29.5%) could correctly report the goal of target BP for uncomplicated hypertension. Conversely, only 2 non-hypertensive patients with own BP monitoring could correctly report the goal of target BP. For knowledge on hypertension-related diseases, stroke (70.2%) and cardiovascular disease (57.1%) are the best-known complications. Only a small proportion recognised hypertension could increase risk of renal failure (22.3%), atherosclerosis (18.1%), retinopathy (13.2%) and aneurysms (2.5%). Most patients understood hypertension is not curable (80.2%) yet only 26.4% knew hypertension do not usually present with symptoms. Conclusion This survey revealed that many patients with hypertension have deficiency in knowledge and its related complications. In view of the high prevalence of hypertension at primary setting, it is essential to give

medical education for all patients with hypertension. For instance, we can empower our patients with the necessary knowledge by offering nurse-led education or community based services e.g. Patient Empowerment Program. By doing this, patients can adopt a healthy lifestyle and to have better adherence to the hypertension management. Furthermore, pamphlets on healthy eating, techniques for taking blood pressure should be readily available at clinic as to raise public's awareness of hypertension and prompt early detection of hypertension for intervention. Reference: (1) Centre for Health Promotion 2013
http://www.chp.gov.hk/en/view_content/28258.html