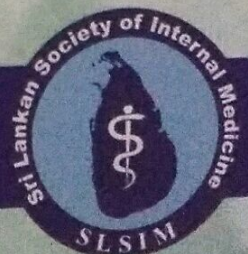


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ABSTRACT BOOK





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# Adapting Self-care Practices and Attitudes Among Hypertensive Patients Attending Medical Clinics, Teaching Hospital, Batticaloa – A Descriptive Study

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## Background

Patients' beliefs and attitudes towards hypertension management have an independent effect on patients' compliance in relation to their adapting lifestyle behaviors.

## Objective

To describe the adapting self-care practices, attitudes among patients with hypertension attending medical clinics, Teaching Hospital, Batticaloa.

## Methods

A cross sectional descriptive study was carried out among 424 hypertensive patients attending medical clinics, Teaching Hospital, Batticaloa. Systematic sampling technique was used to select the participants. An interviewer administered questionnaire was used to collect data and descriptive statistics was applied using SPSS software. Ethical clearance was obtained.

## Results

Majority were females (59%), mean age was 60.4 years (SD± 9.6) with 1-5 years duration of hypertension. Most (66%) participants agreed that 'Doctor listens and concerns their problems'. More than half (56.8%) agreed that 'Doctors clearly explains their condition' while 63.5% agreed that 'they can manage their disease'. Majority (91.5%) reported that they have not checked their blood pressure at home and 88% agreed that 'avoidance of extra salt in their diet is good'. However, 33.0% disagreed that 'regular physical exercise is essential to control blood pressure'. About 24.0% of participants disagreed that 'it is good to have fruits than deserts and sweets' and less than 40.0% disagreed that 'high blood pressure affect kidney functions, vision, blood vessels and lead to stroke and ischemic heart disease.

## Conclusions

Blood pressure monitoring at home is extremely low. Majority of the hypertensive patients trust that doctors understand and concern about their hypertension. Patients are aware and confidence in self-care.