

Abstract

Efficacy of a Learning Module in Knowledge Assessment of Office Going Personnel Suffering from Hypertension (25–62 Years) [†]

Kavneet Kaur * and Prachi Shukla

Department of Food & Nutrition, Lady Irwin College, University of Delhi, New Delhi 110001, India; prachi_shukla237@yahoo.co.in

* Correspondence: kavneetkaur2892@gmail.com; Tel.: +64-223225221

[†] Presented at the 2019 Annual Meeting of the Nutrition Society of New Zealand, Napier, New Zealand, 28–29 November 2019.

Published: 16 December 2019

Hypertension is a principle threat for cardiovascular illnesses. Globally, hypertension accounts for 57 million Disability adjusted life years (DALY). It is an important public health challenge and hence its knowledge is an integral component of the chronic care model. The present study aimed to determine the effectiveness of a short-term Nutrition education program on the level of knowledge, Dietary and lifestyle modifications, and blood pressure control amongst hypertensive patients. The study was conducted on 50 employees (purposive sampling); 23 (46%) being females whilst 27 (54%) were adult males. At first, subject's pre-evaluation was performed, utilizing a knowledge-assessment questionnaire, to diagram key territories where lacunae existed. The questionnaire created, experienced content approval from experts and was likewise pre-tested, to discount any probability of uncertainty. This was trailed by the development of the learning module that was dispensed in a group session to the subjects and reinforced after 15-days. The post-evaluation was done a month later to check the viability of the module. An Effectiveness/Elevation Index was utilized to decide the information progress of subjects. The scarcity of learning at pre-assessment was improved as demonstrated through post-evaluation scores determined as percent improvement from baseline. Results suggest 74% advancement in defining HTN (hypertension), 80% improvement in accurately recognizing the connection between smoking, alcohol admission and HTN, a tremendous correction of 660% with respect to the idea of DASH diet, while the case made 322% upgrades in distinguishing the role of Sodium in HTN. The results show moderate advancement concerning cognizance on inconveniences of HTN (59% improvement) and the relationship of physical idleness (63% improvement) with expanded danger of HTN. The utilization of intuitive learning module sessions bolstered in increasing significant improvement in information on all parts of HTN and related territories in the target populace.



© 2019 by the authors. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<http://creativecommons.org/licenses/by/4.0/>).