

A Study on Self-Care Strategies and Related Factors among Hypertensive Patients Attending a Tertiary Care Hospital in Sri Lanka

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Self-care strategies are important in controlling high blood pressure levels and reducing and preventing complications associated with hypertension. Poor adherence to self-care strategies leads to uncontrolled high blood pressure levels and serious complications. This study aimed to assess self-care strategies and associated factors among hypertensive patients attending follow-up clinics at Teaching Hospital Peradeniya, Sri Lanka. A descriptive cross-sectional study was conducted among conveniently selected 338 hypertensive patients who were attending follow-up clinics at Teaching Hospital Peradeniya Sri Lanka from October to November 2023. Data were collected using a pre-tested interviewer-administered questionnaire which consisted of three parts; demographic data, clinical and anthropometric characteristics, and H-SCALE to assess the self-care strategies of hypertensive patients. Medication adherence, adherence to a low-salt diet, physical activity, weight management, non-smoking and alcohol consumption were the six types of self-care strategies assessed in H-SCALE. Data were analyzed using SPSS version 25.0 and $p \leq 0.05$ was considered as the level of significance. Out of 338 study participants, 199 (58.9%) were females and 139 (41.1%) were males. The mean BMI of the sample was $24.35 \pm 2.73 \text{ kg/m}^2$. The levels of adherence to recommended anti-hypertensive medications, low-salt diet, physical activities, non-smoking, weight management and alcohol consumption were 95%, 29.6%, 13.3%, 92.9%, 98.2% and 100% respectively. According to bi-variate analysis, gender showed a significant association with smoking ($p < 0.0001$) and ethnicity showed a significant association with adhering to a low-salt diet ($p = 0.005$). None of the factors observed in this study were significantly associated with the overall self-care practice of the hypertensive patients. Proper actions should be implemented to improve adherence to low-salt diet and physical activities of hypertensive patients as the levels of adherence to those self-care strategies were very poor according to the findings of this study.

Keywords: Hypertension, Hypertensive Patients, Level of Adherence, Self-Care Strategies

We would like to thank all the participants for their invaluable participation in the study. This study has not been published in any journal.