Awareness About Warning Symptoms and Some Related Factors in High Blood Pressure Patients

Ha Thi Thanh Trang*

Tay Nguyen University, Vietnam

Corresponding Author*

Ha Thi Thanh Trang, Tay Nguyen University, Vietnam *E -mail:* hathithanhtrang94@gmail.com

Copyright: ©2023 Trang T. T. H. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 13-July-2023, Manuscript No. ijcrimph-23-105838; **Editor** assigned: 14-July-2023, Pre QC No. ijcrimph-23-105838 (PQ); **Reviewed:** 20-July-2023, QC No. ijcrimph-23-105838 (Q); **Revised:** 24-July-2023, Manuscript No ijcrimph-23-105838 (R); **Published:** 30-July-2023, doi: 10.35248/1840-4529.23.15(7).1-2

Abstract

Objective: To evaluate the awareness of stroke warning signs in hypertensive patients and the relationship between awareness of stroke warning signs and demographic factors.

Methods: A cross-sectional descriptive study from September 2020 of 170 adults 18 years of age and older with a diagnosis of hypertension and no previous history of stroke.

Results: The percentage of study participants who had a good awareness of the warning signs of a brain stroke was 51.8% and the rate of people who did not have a good awareness of the warning signs of a stroke was 48.2%. Factors: age, average income, marital status are associated with awareness of brain stroke warning signs.

Conclusion: The percentage of study participants who had a good awareness of the warning signs of a brain stroke was 51.8%. Factors: age, average income, marital status are associated with awareness of brain stroke warning signs.

Keywords: Brain stroke • Warning signs of brain stroke • Related factors

Introduction

Stroke is a major cause of death worldwide and the most common cause of death in low- and middle-income countries [1]. Every year, 15 million people worldwide have a stroke. Of those, 5 million died and the remaining 5 million were permanently disabled, placing a heavy burden on families and communities. It is forecasted that by 2030, death from cerebral stroke could reach 7.8 million people [2]. Hypertension is the most common risk factor for stroke, based on data from 30 studies, and has been reported in approximately 64% of stroke patients [3,4]. The prevention of stroke has not only been shown to be possible, but has also been shown to be effective. Approximately 80% of strokes can be prevented when necessary precautions and actions are taken based on knowledge of risk factors [5]. In fact, there have been many studies on this issue in the world, but there is no consensus on the results obtained between studies. In general, however, the authors emphasize that the knowledge of stroke among hypertensive patients is still limited [6]. The Polish study found that 42.4% of respondents did not know any specific symptoms of a stroke [7]. In Northwest Ethiopia, the study found that most hypertensive patients did not know the warning signs of stroke, specifically 77% of hypertensive patients did not have any identifiable risk factors and 77.3 % did not identify any warning signs of stroke [8]. In Vietnam, the fact shows that there have been a number of studies on stroke awareness, but the number of studies is still relatively modest, but the results obtained are like an alarm bell about patients' awareness of stroke. For example, the results of a study in Gia Lai in 2016 showed that nearly 60% of participants had inadequate awareness of warning signs of brain stroke [6]. Therefore, the assessment and classification of cognition of hypertensive patients about the warning signs of stroke is an important issue to limit the consequences of stroke.

Methods

Time and place of study

From September 2020 to June 2021 at the Department of Internal Medicine, Hue University of Medicine and Pharmacy Hospital.

Study design

A cross-sectional descriptive study

Research subjects

Inclusion criteria: Patients aged 18 years or older who have been diagnosed with hypertension are being treated at Hue University of Medicine and Pharmacy Hospital, have sufficient cognitive and communication abilities, and agree to participate in the study.

Exclusion criteria: Patients with hypertension under 18 years old, patients with stroke complications, patients unable to answer interviews.

Sample size: We took all hypertensive patients from September 2020 to June 2021 at the Department of Internal Medicine - Hue University of Medicine and Pharmacy Hospital.

Sample Size: n = 170

The method of data collection

Step 1: Review and approve the research ethics file by the ethics committee of the University of Medicine and Pharmacy in Hue and the place where the samples were taken.

Step 2: Make a list of patients and inpatients treated in the internal medicine department of the hospital was diagnosed with hypertension

Step 3: Approach each patient and choose a convenient time during the day to ensure the patient has time to rest to explain the purpose of the study. When the subject consents, have the patients participating in the study sign a written consent to participate in the study.

Step 4: Direct interview with the patient and answer questions if any.

Step 5: All information that the patient answered was listened to by me and fully recorded in the prepared data collection table.

Step 6: Input data into data management and analysis software. From there, the results are presented and discussed.

Data collection tool

Reached awareness: can tell at least 3 warning signs of a stroke.

Poor awareness: list less than 3 warning signs of a stroke.

Data analysis and processing

After data collection, data will be entered and analyzed using SPSS 20.0 software. Descriptive statistics calculate the frequency and proportions of variables. Using univariate and multivariable logistic regression.

Medical ethics

Review and approval of the research ethics file by the ethics committee of the University of Medicine and Pharmacy in Hue and where to get research data.

This study was approved by the Ethics Committee of Hue University of Medicine and Pharmacy No. H2020/121, 04 June 2020.

Informed consent was obtained from study participants

Results

The percentage of patients with awareness of stroke warning was 51.8%, 48.2% of patients with failed awareness. People under the age of 65 have a tendency to perceive a stroke warning sign of 1,967 times more than people aged 65 and older, with statistical significance p<0.05, the group of subjects with average income and above had a higher awareness of stroke warning than the group with average income and above with p<0.05, OR = 1.5. The group of subjects living with their spouses had a higher awareness of the warning signs of a stroke than 2,149 times higher than the group of subjects living alone with p<0.05.

Discussion

In our study, the percentage of patients with awareness of stroke warning was 51.8%, 48.2% of patients with failed awareness. However, our results are not as good as those of some authors in the world. According to the research results of author Abate Addisu Taye [8], research in the community of author Ly Thi Kim Thuong, research in Uganda [9] all have a low rate of awareness about The warning signs of stroke are lower than our rate (5.3%). From the above data, we see that the patient's awareness of the warning signs of cerebral stroke is very different in each study, but the awareness of stroke is still low, which is a problem important. Therefore, we need to have positive and appropriate solutions to increase patient awareness in a timely manner. We believe that developing adequate stroke prevention and treatment strategies requires that we assess stroke-related knowledge, not only of the general public, but also of populations at high risk.

In this study, we found an association between age group and participants' awareness of brain stroke warning signs. People under the age of 65 have a tendency to perceive a stroke warning sign of 1,967 times more than people aged 65 and older, with statistical significance p < 0.05; 95% CI: 1,052 -3,676. According to the results of a study in Nigeria, increasing age is a significant predictor of poor knowledge about stroke [10]. According to our study, there is no difference in the perception of brain stroke warning signs in both sexes with p > 0.05. Our results are different from the study in Poland in 2020, female gender has higher knowledge about stroke than male with OR = 0.606, 95% CI: 0.465 - 0.790, p = 0.001 [8]. The results of our study show that there is no cognitive difference in stroke warning expression between occupational groups (p > 0.05). However, in the study of author Ly Thi Kim Thuong, the study participants who are civil servants have much better awareness when compared to those with other occupations with p < 0.001 [6]. However, to date, little is known about differences in stroke perception based on occupation. In our research results, the group of subjects with average income and above had a higher awareness of stroke warning than the group with average income and above with p < 0.05, OR = 1.5; 95% CI: 0.140 - 0.674. According to the author Cu Thi Thanh Tuyen, there is no statistically significant difference between the two groups of middle income or higher and low income with p > 0.05 [11]. On the other hand, according to the results of a 2016 study in Korea, higher household income is significantly associated with a better awareness of the warning signs of a stroke and the awareness of the need for prompt treatment of stroke [12]. The above argument is also supported by the studies of Ly Thi Kim Thuong [6], studied in Egypt [13]. The group of subjects living with their spouses had a higher awareness of the warning signs of a stroke than 2,149 times higher than the group of subjects living alone with p < 0.05. This thesis is similar to the research results in Korea [14].

Conclusion

The percentage of study participants who had a good awareness of the warning signs of a brain stroke was 51.8% and the rate of people who did not have a good awareness of the warning signs of a stroke was 48.2%. Factors: age, average income, marital status are associated with awareness of brain stroke warning signs.

Acknowledgements

I would like to express my sincere gratitude to Hue University of Medicine and Pharmacy Hospital, for enabling me to carry out this project. I would also like to thank the patients. The people involved in my project. Without their help, the goal of this project would not have been possible.

References

- Farooq, Muhammad U., et al. "Stroke symptoms and risk factor awareness in high school children in Pakistan." *Int J Stroke* 7.8 (2012): E15-E15.
- 2. WHO. The atlas of heart disease and stroke. 2019; 50 51.
- O'donnell, Martin J., et al. "Risk factors for ischaemic and intracerebral haemorrhagic stroke in 22 countries (the INTERSTROKE study): a case-control study." *The Lancet* 376.9735 (2010): 112-123.
- Feigin, Valery L., et al. "Global burden of stroke." *Circulation research* 120.3 (2017): 439-448.
- Vincent-Onabajo, Grace, et al. "Knowledge of stroke risk factors among individuals diagnosed with hypertension and diabetes: a hospital-based survey." *Br J Med Med Res.* 10.6 (2015): 1-8.
- Ly, Thi Kim Thuong, et al. "Awareness of risk factors and warning signs of brain stroke among people in Tay Son ward, Pleiku city, Giai Lai province in 2016." *J Nurs Sci.* 2.1 (2019): 82-90.
- Krzystanek, Ewa, et al. "Adequate knowledge of stroke symptoms, risk factors, and necessary actions in the general population of Southern Poland." *Brain Sciences* 10.12 (2020): 1009.
- Abate, et al. "Hypertensive patients' knowledge of risk factors and warning signs of stroke at Felege Hiwot referral hospital, Northwest Ethiopia: a cross-sectional study." *Neurol Res Int.* 2019 (2019).
- Nakibuuka, Jane, et al. "Knowledge and perception of stroke: a population-based survey in Uganda." *Int Sch Res Not.* 2014 (2014).
- Ehidiamen, et al. "Awareness of stroke risk factors and warning symptoms amongst hypertensive patients in Benin City." *Ann med health sci res.*(Online) (2018): 40-44.
- Cù, Thị Thanh, et al. "Evaluation of awareness of risk factors and early manifestations of stroke in hypertensive patients in hospital". *Med J Ho Chi Minh City*.2019; 23 (5): 152 - 158.
- Oh, Gyung-Jae, et al. "Public awareness of stroke and its predicting factors in Korea: a national public telephone survey, 2012 and 2014." *J Korean Med Sci.* 31.11 (2016): 1703-1710.

- 13. Farrag, Mohammad A., et al. "Public stroke knowledge, awareness, and response to acute stroke: Multi-center study from 4 Egyptian governorates." *J neurol sci.* 384 (2018): 46-49.
- Park, Moon Ho, et al. "No difference in stroke knowledge between Korean adherents to traditional and western medicine-the AGE study: an epidemiological study." *BMC public health* 6 (2006): 1-9.

Cite this article: Trang T T H. Awareness About Warning Symptoms and Some Related Factors in High Blood Pressure Patients. Int. J. Collab. Res. Intern. Med. Public Health. 2023, 15 (7), 1-3