

UNIVERSITI TEKNOLOGI MARA

**AWARENESS AND CHALLENGES FACED BY
HYPERTENSIVE PATIENTS IN CONTROLLING
THEIR BLOOD PRESSURE**

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TABLE OF CONTENT

APPROVAL SHEET	ii
ACKNOWLEDGEMENT	iii
LIST OF ABBREVIATIONS.....	iv
TABLE OF CONTENT	v
ABSTRACT.....	viii
CHAPTER ONE.....	1
INTRODUCTION	1
1.1 Overview.....	1
1.2 Problem Statement	2
1.3 Rational of study	3
1.4 Objectives	4
CHAPTER TWO	5
LITERATURE REVIEW	5
2.1 Definition	5
2.2 Prevalence of Hypertension	6
2.3 Signs and Symptoms.....	7
2.4 Risk Factors	7
2.4.1 Age.....	7
2.4.2 Race.....	8
2.4.3 Gender.....	9
2.4.4 Genetics.....	9
2.4.5 Smoking	9
2.4.6 Weight.....	10
2.4.7 Alcohol.....	10
2.4.8 Dietary salt intake	11
2.4.9 Stress.....	11
2.5 Barriers and challenges	11
2.5.1 Side effects.....	12
2.5.2 Knowledge	12
2.5.3 Support.....	13

ABSTRACT

Hypertension is one of the main diseases in Malaysia and it is being considered as a silent killer. This present study investigated the awareness and the factors associated with the barriers faced by the patients in controlling their blood pressure (BP). This study took place in UiTM Puncak Alam and UiTM Shah Alam, Selangor. A qualitative study method was used in order to gain a better understanding of the current awareness and barriers faced by the hypertensive patients. Interviews were conducted on 15 participants. Of the 15 participants, 5 of them were males and 10 of them were females. Discussion were transcribed verbatim. 6 themes emerged from the interview analysis: 1) knowledge about hypertension and its medication 2) sources of information 3) support system 4) lifestyle modifications 5) self-monitoring and 6) challenges faced by the hypertensive patients. All of the participants were not aware that they had hypertension until they went to see a doctor. They also have poor awareness about the symptoms of hypertension. Some of them managed their BP with the medication, dietary intake and also exercise. However, most of them did not comply with the medications taking claiming forgetfulness as one of the reasons. Dietary intake and lack of time to exercise also seem to be the factors that could affect their management of hypertension. It is concluded that lack of awareness about hypertension can lead to poor control of BP. This can lead to high prevalence of uncontrollable hypertension. It is important to increase the publics' awareness about the importance of BP self-monitoring at home as it will give an insight whether the BP is well controlled or not. Furthermore, health care professionals can also work together in order to educate the hypertensive patients about the importance of controlling and managing their BP.

CHAPTER ONE

INTRODUCTION

1.1 Overview

Hypertension is one of the main diseases in Malaysia. It is being recognized as the silent killer because most of the patients do not realize that they have hypertension (Janning, 2011). It is a leading cause of death and ranked second for being the starter of the disability-adjusted life-years (Quang et al. 2010). Hypertension is also known to cause many serious complications like coronary heart disease, heart failure, and stroke (Kramoh et al., 2011). About 11% of the entire disease burden in most developing countries is caused by hypertension (World Health Report, 2002). The prevalence in Malaysia for hypertension is 32.2% (Tee et all. 2010).

The prevalence throughout the world varies according to age, race, education, and gender (Katzung, Masters, & Trevor, 2009). Based on a previous study, about 26.4% of the world adult population suffered from hypertension in 2000 and this will increase