

Impact of Intervention Programme on Knowledge, Attitude, Practices in the Management of Hypertension among Elderly

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ABSTRACT A study was carried out with the objective to assess the existing knowledge, attitude and practices (KAP) in the management of hypertension among elderly people. Based on the pre-existed knowledge a module of educational programme was developed by the investigators to improve their KAP in the management of hypertension and health. Purposive random technique was used for the study. The experimental group consisted of 80 elderly with hypertension out of which 40 each of men and women in the age group of 65 to 76 years selected from three areas of Bangalore city. An assessment of KAP among hypertensive elderly was made through a Structured Interview Schedule (SIS) developed by the investigator. A quasi- experimental approach with a repeated measure design was used with provision to compare the pre and post test assessment. The results revealed that the post test scores on KAP were higher than the pre test scores and individual differences also reduced considerably during post test for both men and women and the two age groups of respondents. Among the elderly, knowledge, attitude and practice (KAP) surveys are important and effective in terms of providing necessary information through intervention programmes for the prevention and management of hypertension and to improve their quality of life.