

Knowledge, attitude and Practice of Exercise for blood pressure control: A cross-sectional survey

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Abstract

There is emerging empirical evidence of the efficacy of exercise in blood pressure control, however, little is known about factors limiting exercise engagement in patients with hypertension. This cross-sectional study assessed knowledge, attitude and practice of exercise for blood pressure control among Nigerian patients with hypertension. A total of 150 (male, 66 and female, 84) patients with hypertension whose ages were 20 years and older participated in this study. A structured questionnaire which sought information on socio-demographics, knowledge, attitude and practice of exercise for blood pressure control was used to obtain data from the respondents who were recruited from selected government hospitals. Data were analysed using descriptive and inferential statistics at 0.05 Alpha level. More than half of the respondents, 90(60.0%) demonstrated poor exercise practice. A majority, 101(67.3%) had poor knowledge of exercise for hypertension control while a quarter, 39(26.0%) had positive attitude towards exercise. There were significant associations between knowledge of exercise and level of education ($\chi^2=28.337$; $p=0.001$), attitude ($\chi^2=38.297$; $p=0.001$) and practice of exercise ($\chi^2=12.757$; $p=0.001$) respectively. Significant association was found between knowledge and each of socio-economic status ($\chi^2=19.192$; $p=0.001$) and attitude ($\chi^2=25.634$; $p=0.001$). Practice of exercise for blood pressure control was low among Nigerian patients with hypertension which was significantly influenced by poor knowledge of and negative attitude towards exercise practice for blood pressure control.

Keywords: Knowledge, attitude, practice, exercise, hypertension control.

Introduction

Hypertension remains a major global public health challenge as the leading risk factor for cardiovascular morbidity and mortality (WHO 2002; Chobanian et al., 2003; Kearney et al., 2004). Annually, it accounts for 7.1 million (one-third) of global preventable premature deaths (Kearney et al., 2004; Bhalt et al., 2006; Gunarathne et al., 2008). In Nigeria, over 4.3 million individuals above the age of 15 years were classified as hypertensive

using 160/90 mmHg cut-off point (National Expert Committee, 1997; Ike, 2009). Similarly, Adedoyin et al, (2008) reported a prevalence rate of 36.6% among elderly individuals which peaks at 49 years in both sexes using 140/90mmHg cut-off point. Thus, prevention and control of high blood pressure has become an important public health concern. There is substantial evidence that pharmacological therapy is effective in the control or prevention of