

# Effect of Structured Health Education on Knowledge Regarding Lifestyle Modification among Patients with Hypertension

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## Abstract

Hypertension remains a major contributor to cardiovascular disease worldwide. This study evaluated whether a structured health education session could improve patients' knowledge about lifestyle modification. A quantitative one-group pre-test post-test design was used among 60 adults with hypertension in a hospital in Bangalore. Knowledge was measured using a 25-item questionnaire before and after the intervention. Post-test scores were notably higher than pre-test scores, demonstrating the value of structured patient education.

## Introduction

Hypertension affects a large proportion of adults and is strongly associated with stroke, heart disease, and kidney failure. Lifestyle behaviours such as excess salt intake, physical inactivity, obesity, tobacco use, and unmanaged stress increase risk. Educational support from nurses can help patients adopt healthier routines and improve disease control.

## Objectives

1. Assess baseline knowledge on lifestyle modification.
2. Evaluate the effectiveness of structured health education.
3. Identify association between knowledge and demographic variables.

## Methodology

**Design:** Pre-experimental one group pre-test post-test design.

**Sample:** 60 patients with hypertension attending a selected hospital in Bangalore.

**Sampling Technique:** Convenience sampling.

**Tool:** Structured questionnaire (25 items).

**Table 1: Demographic Characteristics (n=60)**

Variable	Category	Frequency (%)
Age	30–40	12 (20%)
Age	41–55	27 (45%)
Age	56–65	21 (35%)
Gender	Male	28 (47%)

Gender	Female	32 (53%)
Education	Primary	14 (23%)
Education	Secondary	24 (40%)
Education	Graduate	22 (37%)

**Table 2: Knowledge Score Comparison**

Test	Mean	Std. Deviation	t value
Pre-test	11.2	3.4	
Post-test	21.6	2.8	14.82*

\*Significant at  $p < 0.05$

## Results

The comparison between pre-test and post-test knowledge scores indicates a marked increase after the educational intervention. Most participants moved from poor or average knowledge categories to good knowledge levels.

## Discussion

The findings suggest that structured nursing education can substantially improve patients' understanding of lifestyle practices that help control blood pressure. This aligns with previous nursing research demonstrating the effectiveness of patient-centred education programs.

## Conclusion

Providing systematic health education significantly improved knowledge among patients with hypertension. Hospitals and community health nurses should integrate regular teaching programs into routine care.

## References

1. World Health Organization. Global Hypertension Report.
2. Polit DF, Beck CT. Nursing Research.
3. Park K. Preventive and Social Medicine.