

## CONFERENCE PAPERS

### **I39. Assessment of self-care practices among hypertensive patients at Meru Teaching and Referral Hospital, Kenya.**

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#### **Abstract**

Globally hypertension has been on the rise among the adult population with countries in sub-Saharan Africa (SSA) carrying the highest burden. Self-care practices have been proven to improve the risk factors and reduce severity of hypertension. The aim of this study was to investigate the adherence of self-care practices among hypertensive patients at the Meru Teaching and Referral Hospital. A cross-sectional survey was conducted among 75 hypertensive patients attending the Medical Outpatient Clinic at the Meru Teaching and Referral Hospital. Data was analyzed using descriptive statistics and inferential statistics. The average mean age of the participants was 58.53 years and the majority were females (n=39, 52%). Of the participants who had consumed alcohol before hypertension diagnosis (26.7%, n=20), a quarter of them (25%, n= 5) had used alcohol in the last one month prior to the study. A small percentage (9.33%, n=7) of the participants reported to be currently smoking. Majority of the participants, 93.3% (n= 70) used liquid vegetable oil for cooking. More than half of the participants (64%, n= 48) reported that they added raw salt to their food. Only 40% (n=30) of the participants consumed fruits daily. This varied with vegetable intake where majority of the participants (69.3%, n=52) reported daily intake. Almost all of the participants 98.7% (74) consumed less than 5 servings of fruits and vegetables in a day, with a mean serving of 1.41(±0.90). Majority of the participants (85.4%, n=64) performed moderate to vigorous activity. Of the six self-practices that were assessed among hypertensive patients, two were not well adhered to by the majority of the participants. Health care workers to continuously educate the patients on self-care strategies that will help improve adherence of all the recommended self-care practices

**Keywords:** *Self-care practices, Hypertensive patients, Meru, Blood Pressure Control*