

The effect of education on nurse's staff knowledge, attitude and practice toward hyper tension

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Abstract

Background & Objective: Hypertension is the most important Cardio-Vascular risk factor, and also the most common cause of heart failure, stroke and renal failure. This semi-experimental study aimed at determining the effect of education, by means of Health Belief Model (HBM), on nurse's staff knowledge, attitude and their practice toward hypertension.

Materials & Methods: This semi-experimental study was done on 136 nurse's staff selected by stratified random sampling. Data collection instrument were a questionnaire and a check-list. At first, the subjects' knowledge, attitude and their Practice were studied by a questionnaire and a check list, and then a HBM-based educational program was carried out. For three months, Afterwards, their knowledge, attitude and practice were measured and compared with pretest findings. In statistical analysis, Wilcox on test, independent t test, ANOVA and Pearson correlation.

Results: Before education the mean score of knowledge, benefit perceived, barrier perceived, threat perceived, attitude and practice was 9.68, 23.76, 25.63, 22.82, 71.99 and 4.55 respectively. After education these scores reached 16.66, 26.06, 28.94, 24.98, and 80.08 and 4.83. Based on the results, nurse's staff training via HBM led to high knowledge, positive attitude and practice improvement ($p < 0.05$). The difference between this research variables such as age, gender, marital status, record of service and family background was not significant, But there was significant difference between variables (occupational levels, educational levels, and hospital ward) and knowledge and practice. Furthermore, the relation between hospital ward and attitude was positive ($p < 0.05$).

Conclusion: In terms of the results, it is a necessity for nurse's staff to participate in a HBM based educational program.

Key Words: Education, Knowledge, Attitude, Practice, Health Belief Model, Hypertension, Nurse's staff