

RESEARCH REPORT

**ASSESSMENT OF KNOWLEDGE, ATTITUDE AND PRACTICE OF
KIGARAMA COMMUNITY IN PREVENTION OF RISK FACTORS
LEADING TO HYPERTENSION.**

by

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DECLARATION

I do hereby declare that this research report submitted in partial fulfillment of the requirements for the Bachelor's degree in General Nursing, at Kigali Health Institute is my original work and has not previously been submitted elsewhere. Also, I do declare that a complete list of references is provided indicating all the sources of information quoted or cited.

KAYIRANGA Dieudonné

DEDICATION

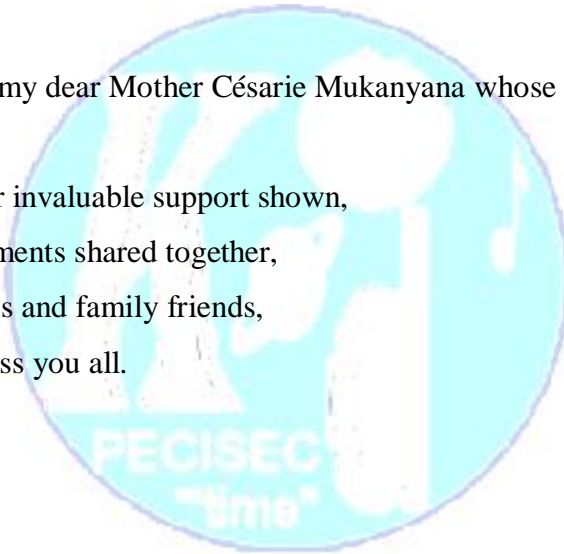
I sincerely dedicate this work to my dear Mother Césarie Mukanyana whose special love shown from my birth,

To all my brothers and sisters for invaluable support shown,

To all my classmates for the moments shared together,

Finally to all my relatives, friends and family friends,

May the almighty God richly bless you all.



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May Almighty God bless everyone.

SUMMARY

Background and Problem statement: As a complex trait to which genetic, environmental, and demographic factors contribute interactively, HTN is known to be the silent killer due to its morbidity and mortality.

Objectives: This study carried out to assess the KAP of inhabitants of Kigarama Cell in prevention of risk factors leading to hypertension where their knowledge, the attitudes and the practices were explored.

Significance of the study: This study will help to develop a positive regard towards Hypertension. The Ministry of Health will benefit from the study by discovering the gap in knowledge of the population and emphasizing strategies to teach Rwandan population and prevent risk factors of Hypertension. It will be useful for other researchers to carry out this study in areas where disease prevention measures and health promotion are needed in regard to HTN.

Methodology: A quantitative cross sectional descriptive design was used where 102 participants found from stratified random sampling strategy to get sample from the population. Open and ended closed questions were used to collect data after pre- testing 12 inhabitants from the study population.

Results and Recommendations: The proportion of participants does not use preventive measures at 88.2%. Their knowledge is still low, with negative attitudes and practices to prevent HTN. At the end of this study, recommendations have been made to the various levels including the Ministry of health, KHI administration and finally to Gitega Health Center.

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LIST OF SYMBOLS AND ABBREVIATIONS

%: Percentage

≥: greater or equal to

AHA: American Heart Association

APWU: American Postal Workers Union

BCC: Behavior Change Communication

BP: Blood Pressure

CHU: Centre Hospitalier Universitaire

CVD: Cardiovascular Disease

DASH: Dietary Approaches to stop Hypertension

Dr: Doctor

HTN: Hypertension

JNC: Joint National Committee

KAP: Knowledge, Attitude and Practice

KHI: Kigali Health Institute

KIST: Kigali Institute of Science and Technology

LVH: Left ventricular heart failure

Min: minutes

ml: milliliter

mmHg: Millimeter of Mercury

Mmol: millimol

NCQA: National Committee for Quality Assurance

SPSS: Statistical Package for the Social Sciences

UK: United Kingdom

UTHK: University Teaching Hospital of Kigali

WHL: World Hypertension League

WHO: World Health Organization

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CHAPTER 1: INTRODUCTION

This chapter contains definitions of key terms relating to the research, background to the study, research problem statement, objectives (main and specific), and research questions, significance of the study and subdivision of the project.

1.1. DEFINITIONS OF KEY TERMS

This study deals with a number of terms considered as relevant and hence need to be defined.

Knowledge: it is defined as expertise, and skills acquired by a person through experience or education; theoretical or practical understanding of a subject (Andrus and Calvin, 2005). In this study, knowledge means the state of familiarity, awareness, or understanding of the people on the topic during the research.

Attitude: it is a hypothetical construct that represents degree of like or dislike for an item (Andrus and Calvin, 2005). Attitude will be shown by a complex mental state involving beliefs, feelings and values of people to respond to the questionnaire.

Practice: it is the knowledge of how something is usually done (Badran, 2006). In this study, practice will be shown by application of rules and knowledge that help people to prevent the risk factors for hypertension.

