


# Pregnancy induced hypertension controls and self-care knowledge's among pregnant mothers in District of Vlore

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## Abstract

Pregnancy induced hypertension (PIH), also known as toxemia and preeclampsia, is a form of high blood pressure in pregnancy and one of the major causes of mortality and morbidity in pregnant women. Self-care knowledge of pregnancy induced hypertension encompasses the knowledge of skills that pregnant women with PIH have on how to control blood pressure. This study aims to assess self-care knowledge's and pregnancy induced hypertension controls among pregnant mothers in the District of Vlore in order to prevent complications and to provide adequate health education. This is a descriptive cross-sectional study, where a quantitative method was used for data collection resulting from a survey structured in the form of a self-administered questionnaire entitled PIH self-care knowledge questionnaire used in a similar study. The selfcare model by Dorothea Orem was used to guide this study. The study was conducted at the Central Polyclinic of the District of Vlore in the Department of Prenatal Women's Care and includes the period from April 2018 to September 2018. The results showed that 70% of participants do not know that lack of physical exercise and drinking alcohol worsens HTA, as well as 60% do not know the impact of high salt diet and stressful situations

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