

Euro Clinical Nursing 2019: Evaluation of pregnancy induced hypertension controls and self-care knowledge's among pregnant mothers in District of Vlore

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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 self-care 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. Lack of sufficient knowledge about these important risk factors can be translated as a low level of self-care and PIH control. Most participants are interested in taking drugs to lower TA (80%) but they do not know how to monitor fetal movements (90%). The findings of our study showed that knowledge influenced the control of HTA and that it is necessary to strengthen them in nursing practice as the main task of qualified midwives especially in antenatal clinics.

A behavior change in the PIH women will be instilled in order to influence change in behaviors' of PIH pregnant women.

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Determination, knowledge and prevalence of pregnancy-induced hypertension/ eclampsia among women of childbearing age at Same District Hospital in Tanzania. February 2018. Several risk factors including hypertension are common complications of pregnancy with preeclampsia particularly associated with substantial risk to both the mother and fetus.

Memoir:

Rezarta Lalo is a Lecturer since 1999 and a Member of Department of Health Care, Faculty of Public Health, University of Vlore "Ismail Qemali", Albania. In 2016 she has earned her PhD in Nursing Science. She is the Honorable Member of many prestigious associations, committees and had published different articles in the Field of Nursing Care and Midwifery. Her research interest is Women & Child Health, Public Health, Gynecological & Obstetric Community, and Nursing Education.

Foot Note: This work is partly presented at Event on 19th World Congress on Clinical Nursing and Practice, October 10-11, 2019 at Paris, France