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Effect of empowering through group discussion on empowerment and lifestyle of patients with hypertension in who referred to health centers.

Thesis for graduation in educated community health nursing

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Abstract

Title: Effect of empowering through group discussion on empowerment and lifestyle of patients with hypertension in who referred to health centers.

Background: Hypertension is the most common non-communicable diseases and the most common risk factor for cardiovascular disease. An increasing trend in the prevalence and being asymptomatic and having a wide range of health consequences, make hypertension as an important health challenge. Prevention and control of hypertension is based on lifestyle modification which requires the ability and responsibility to correct habits, behavior and lifestyle. Therefore this study was conducted to evaluate the effect of empowering through group discussion on empowerment and lifestyle of sufferers from hypertension.

Method: In this single group pretest- posttest study, 36 subjects with essential hypertension were entered. Subjects were divided in to four groups, 90-minute group discussion sessions were held for each group. Baseline and secondary empowerment and lifestyle of patients were measured by questionnaire. Data were analysis by pair t-test.

Finding: Group discussion could promote the empowerment (p=0.042) and lifestyle (p=0.000) of hypertensive individuals. In empowerment, group discussion had the greatest impact on the perceived severity (p=0.001) and perceived susceptibility (p=0.015). In lifestyle it had the greatest impact on sleep (p=0.000), stress (p=0.017) and nutritional status (p=0.023) in participants.

Conclusion: Empowerment through group discussion for patients with hypertension can increasing perceived severity and perceived susceptibility of patients of sufferers and enhance some aspect of their lifestyle.

Key words: Empowerment, empowering, lifestyle, hypertension, group discussion