

Lifestyle modification practice and associated factors among Diagnosed hypertensive patients in selected hospitals in West Arsi Zone, Oromia Regional, Ethiopia

1. Hika Wakjira ^{2,1} (Mph)Haramaya University field Epidemiologist, hikawakjira@gmail.com

2. Tesfaye Gobena¹ (PhD) Haramaya University, tesfayegob@gmail.com

3.Hirbo Shore(PhD)¹ Haramaya University, hamakiya@gmail.com

ABSTRACT

Background: Globally 1.13 billion peoples were living with hypertension; Out of these two-thirds of them were living in low and middle-income countries. In Ethiopia, Non communicable disease deaths are estimated at around 42%. However, it remain widely undetected and poorly controlled. To resolve these, lifestyle modification approach that often overlooked are corner stone of the prevention and management of hypertension. But there were few studies conducted in study area on lifestyle modification approach to understand how many Hypertensive patients were adhere to recommended healthy lifestyle.

Objective: To assess lifestyle modification practice and associated factors among hypertensive patients in selected hospitals in West Arsi Zone, Oromia Regional, Ethiopia December 7 to 21, 2021.

Method: Hospital-based cross-sectional study was conducted in the selected public hospital among 299 hypertensive patients. Systemic random sampling method were used to select the study participants. Data were collected by face-to-face interviews using a structured questionnaire by trained data collectors. The Collected data were checked for logical consistency and completeness. Data were analyzed using descriptive statistics and multivariate logistic regression method to identify predictors of the outcome ($p < 0.05$).

Results: A total 299 hypertensive patients were included in the study with response rate of 98%. Of the total participants, only 25.2% (95% CI: 18.8-32.9) of the patients were practice recommended lifestyle modifications. Patients Age older than 65 years (AOR=2.9, 95% CI: 1.17-7.0), the patients with 2-5 years' time since diagnoses hypertension (AOR=0.26, 95%CI: 0.07-0.9), multiple co-morbidity (AOR=2.7, 95% CI: 1.25-5.8) and their knowledge on hypertension management (AOR=14.6, 95% CI: 4.6-45.9) have an independently associated with recommended lifestyle modification.

Conclusion: Lifestyle modification practices among hypertensive patients were low in this study. Age, comorbidity, time since diagnoses of hypertension and knowledge of lifestyle were identified as predictors of the outcome. Thus, educational sessions that especially focus on lifestyle modifications and ongoing support for patients should be designed.

Key words: Lifestyle modification, Hypertensive patients, practices, West Arsi Zone