

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

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ABSTRACT

Background: Globally 1.13 billion peoples were living with hypertension, Out of this 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.

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, 2019.

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. Data were analyzed using descriptive statistics and multivariate logistic regression method to identify predictors of the outcome ($p < 0.05$).

Results: 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.

Key words: Lifestyle modification, Hypertension, practices, Ethiopia

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Biography

Hika Wakjira has completed his first degree at the age of 23 from Jimma University, Ethiopia. And second degree from Haramaya University, Ethiopia as field Epidemiologist with sponsor of American CDC. He is public health Emergency management Officer West Arsi zone health office, Ethiopia. He has 2 publication that have been cited. He has been serving as public health emergency management in Ethiopia.

During my second degree I have been conducted and participated in Outbreak investigation, Surveillance system evaluation, Surveillance data analysis, Research activities. Additionally, I have conducted data collection for AFP surveillance using electronic software called ODK, Neonatal Tetanus and Non-neonatal tetanus surveillance data collection in Somale Region, Ethiopia, National COVID-19 Response in Addis Ababa for 9 months, Participating cholera epidemic response at in East Hararghe and West Arsi Zone, Oromia, Ethiopia and Participating in disaster management on internally displaced people in East Hararghe, Oromia, Ethiopia