



## **TITLE: Level of knowledge about hypertension and stroke as a complication in patients with hypertension and their level of self-care**

**Name:** Cecilia Olguín, Balkis Hurtado, Gabriela Peza

**Affiliation:** Professor at CBTis/ Professor at UAQ

**Country:** México

**Email ID:** cecyol.tre@gmail.com

### **ABSTRACT**

Hypertensive vascular disease is the main risk factor for stroke; in 2011 in the state of Querétaro, the mortality rate for stroke increased and it became 4th cause of death in women and 6th in men, that is why, this study aims to establish the level of knowledge patients have on hypertension and stroke as a possible complication, as well as establishing their self-care capacity. This study was a Quantitative descriptive using a cross-sectional design. Data were collected from 150 patients aged 50 and older diagnosed with hypertension, who attended the outpatient clinic Centro de Salud con Servicios Ampliados (CESSA). The sampling strategy employed was convenience sampling based on selection criteria and the availability of individuals. The majority of patients were female. The overall rating was a high level of hypertension knowledge (68%); the level of knowledge patients had about stroke was medium (56.7%), and the self-care capacity was also medium (53.3%). Although there was a high level of knowledge on hypertension, the level of self-care was medium, which means that patients don't perform the actions recommended to avoid complications.

**Presenter Name:** Cecilia Olguín.

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**Contact number:** +1 427-278-5489



### **BIOGRAPHY**

My name is Cecilia Olguín Trejo, I am Mexican and I was born on March 25th, 1989. I am 33 years old and have a younger brother. As a child, I liked classical ballet and for some years I took classes. I also wanted to become a doctor and raise a family too. I consider myself a cheerful, tolerant and empathic person. I am married and have a child. I graduated as a nurse from the Universidad Autónoma de Querétaro and also completed 5 semesters of business administration and currently work at a baccalaureate as an administrative, and sometimes at the nurse clinic. One of my biggest aims is to be able to combine my carrier with my own business. After my graduation, I worked at the Hospital General de San Juan del Río, but after one year I gave up my work as a nurse to live in Europe. Although I couldn't travel much, I visited many places in Spain and lived for two years in Madrid with my husband, there, we ran a business entrepreneurship project which we concluded, that is why we returned to Mexico to work and continue to follow our dreams and new projects.