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Relationship between Lifestyle Modification Counselling and Lifestyle Pattern in Hypertensive Patients attending the Family Medicine Clinic of a Tertiary Hospital in Nigeria

Relation Entre le Conseil en Modification du Mode de vie et le Mode de vie chez les Patients Hypertendus Fréquentant la Clinique de Médecine Familiale d'un Hôpital Tertiaire au Nigéria

¹T. I. A. Oseni, ²B. A. Suleiman, ³B. F. Dele-Ojo, ⁴N. F. Fuh, ⁴G. Ibhasabemon, ⁴O. S. Oyewusi

ABSTRACT

BACKGROUND: Globally, hypertension is a leading cause of cardiovascular morbidity and mortality. The use of non-pharmacological methods such as lifestyle modification has been shown to improve blood pressure control; however, compliance among the patients has been poor. This study determined the association between lifestyle modification counselling and lifestyle pattern of patients with hypertension attending the Family Medicine Clinic of Irrua Specialist Teaching Hospital (ISTH), Edo state of Nigeria.

METHODS: It was a descriptive cross-sectional study conducted in the Family Medicine Clinic of ISTH, a tertiary health institution in South-South Nigeria. A total of 192 adult patients with hypertension were consecutively recruited. Data was collected using the open data kit with an interviewer-based questionnaire. Data was analysed using the Statistical Package for Social Sciences (SPSS) version 22 and $p < 0.05$ was considered significant.

RESULTS: Respondents had a mean age of 51.7 ± 11.36 . Majority of respondents 163 (83%) received counselling on lifestyle modification within the preceding 12 months. There was a significant association between age of respondents ($p = 0.003$), fruit and vegetable consumption ($p < 0.001$), smoking cessation ($p < 0.001$) and lifestyle modification counselling received.

CONCLUSION: The study highlights the importance of lifestyle modification counselling to patients with hypertension. Physicians should routinely counsel patients on lifestyle modification as part of the treatment protocol for patients with hypertension. **WAJM 2022; 39(3): 281–285.**

Keywords: Counselling, Lifestyle, Hypertension, Nigeria.

RÉSUMÉ

CONTEXTE: À l'échelle mondiale, l'hypertension est l'une des principales causes de morbidité et mortalité cardiovasculaires. L'utilisation de méthodes non pharmacologiques telles que la modification du mode de vie a été démontré qu'il améliore le contrôle de la pression artérielle; toute fois l'observance chez les patients a été faible. Cette étude déterminé l'association entre la modification du mode de vie counseling et mode de vie des patients souffrant d'hypertension fréquenter la clinique de médecine familiale d'Irrua Specialist Hôpital universitaire (ISTH), État d'Edo au Nigeria.

MÉTHODES: Il s'agissait d'une étude transversale descriptive menée à la clinique de médecine familiale de l'ISTH, un tertiaire établissement de santé dans le sud-sud du Nigéria. Un total de 192 adultes souffrant d'hypertension ont été recrutés consécutivement. Données ont été recueillie à l'aide de la trousse de données ouvertes avec un questionnaire dtun enquêteur. Les données ont été analysées à l'aide du progiciel statistique pour les sciences sociales (SPSS), la version 22 et $p < 0.05$ a été prise en compte significatif.

RÉSULTATS: L'âge moyen des répondants était de $51,7 \pm 11,36$ ans. La majorité des répondants 163 (83 %) ont reçu des conseils sur modification du mode de vie au cours des 12 mois précédents. Il y avait une association significative entre l'âge des répondants ($p = 0,003$), consommation de fruits et légumes ($p < 0,001$), l'arrêt du tabac ($p < 0,001$) et conseils sur la modification du mode de vie reçu.

CONCLUSION: L'étude souligne l'importance de conseils sur la modification du mode de vie aux patients souffrant d'hypertension. Les médecins devraient systématiquement conseiller les patients sur le mode de vie modification dans le cadre du protocole de traitement pour les patients atteints de hypertension. **WAJM 2022; 39(3): 281–285.**

Mots-clés: Counseling, Mode de vie, Hypertension, Nigéria.

¹Department of Family Medicine, Ambrose Alli University, Ekpoma, Nigeria. ²Department of Family Medicine, Federal Medical Centre, Katsina, Nigeria. ³Department of Medicine, Ekiti State University, Ado-Ekiti, Nigeria. ⁴Department of Family Medicine, Irrua Specialist Teaching Hospital, Irrua, Nigeria.

*Correspondence: Dr. Oseni T. I. A., Department of Family Medicine, Ambrose Alli University, Ekpoma, Nigeria. Tel: +2348036281897; Email: tijanioseni@aauekpoma.edu.ng; tijanioseni@yahoo.com

Abbreviations: ISTH, Irrua Specialist Teaching Hospital; ODK, Open Data Kit; SPSS, Statistical Package for Social Sciences; WHO, World Health Organisation.