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## ORIGINAL ARTICLE

### Relationship Between Blood Pressure Control and Self-Care Practices Among Hypertensive Patients Attending Family Medicine Clinic of Lagos State University Teaching Hospital, Lagos, Nigeria

*Relation Entre Le Contrôle De La Pression Artérielle Et Les Pratiques D'Autosoins Chez Les Patients Hypertendus Fréquentant La Clinique De Médecine Familiale De L'Hôpital Universitaire D'Enseignement De L'État De Lagos, Lagos, Nigéria*

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#### ABSTRACT

**BACKGROUND:** Hypertension is one of the most prevalent chronic diseases worldwide and poses a global health challenge. Self-care practices are essential for blood pressure control and reduction of complications of hypertension such as cardiovascular and renal diseases.

**AIM:** The study aimed to assess the relationship between blood pressure control and hypertension self-care practices among hypertensive patients attending the Family Medicine clinic of Lagos State University Teaching Hospital (LASUTH), Lagos, Nigeria.

**METHODOLOGY:** A descriptive, hospital-based, cross-sectional study was conducted among 407 hypertensive patients attending the outpatient clinic. The participants were recruited using systematic sampling with a sampling interval of 1 in 4. An interviewer-administered questionnaire was used to obtain relevant data. Data analysis was performed using SPSS version 23.

**RESULTS:** A total of 407 participants were enrolled in the study. In this study, 56.8% of the participants had good blood pressure control. On hypertension self-care practices, only 1 % of the participants adhered to low salt diet; 45% adhered to recommended physical activity; 52.8% adhered to weight management; 71.5% had good medication adherence; 93.9% abstained from alcohol and 96.8% of participants abstained from smoking. Overall, none of the domains of hypertension self-care practice was associated with blood pressure control even though there was a trend that those who adhered to the domains of self-care practice had better blood pressure control.

**CONCLUSION:** Hypertension self-care practice among participants could be better. Participants who had good self-care practice had better blood pressure control however; this was not statistically significant. *WAJM 2024; 41 (6): 659 - 667*

**KEYWORDS:** Hypertension, Blood pressure control, Self-care practice, Lifestyle management.

#### RÉSUMÉ

**CONTEXTE:** L'hypertension est l'une des maladies chroniques les plus répandues dans le monde et représente un défi de santé publique mondial. Les pratiques d'autosoins sont essentielles pour contrôler la pression artérielle et réduire les complications de l'hypertension telles que les maladies cardiovasculaires et rénales.

**OBJECTIF:** L'étude visait à évaluer la relation entre le contrôle de la pression artérielle et les pratiques d'autosoins de l'hypertension chez les patients hypertendus fréquentant la clinique de médecine familiale de l'hôpital universitaire d'enseignement de l'État de Lagos (LASUTH), Lagos, Nigéria.

**MÉTHODOLOGIE:** Une étude descriptive, hospitalière, transversale a été menée auprès de 407 patients hypertendus fréquentant la clinique externe. Les participants ont été recrutés en utilisant un échantillonnage systématique avec un intervalle d'échantillonnage de 1 sur 4. Un questionnaire administré par un intervieweur a été utilisé pour obtenir les données pertinentes. L'analyse des données a été effectuée à l'aide de SPSS version 23.

**RÉSULTATS:** Un total de 407 participants ont été inclus dans l'étude. Dans cette étude, 56,8 % des participants avaient un bon contrôle de la pression artérielle. En ce qui concerne les pratiques d'autosoins de l'hypertension, seulement 1 % des participants adhéraient à un régime pauvre en sel ; 45 % adhéraient à l'activité physique recommandée ; 52,8 % adhéraient à la gestion du poids ; 71,5 % avaient une bonne observance médicamenteuse ; 93,9 % s'abstenaient d'alcool et 96,8 % des participants s'abstenaient de fumer. Dans l'ensemble, aucun des domaines des pratiques d'autosoins de l'hypertension n'était associé au contrôle de la pression artérielle, même s'il existait une tendance selon laquelle ceux qui adhéraient aux domaines des pratiques d'autosoins avaient un meilleur contrôle de la pression artérielle.

**CONCLUSION:** Les pratiques d'autosoins de l'hypertension chez les participants pourraient être améliorées. Les participants qui avaient de bonnes pratiques d'autosoins avaient un meilleur contrôle de la pression artérielle, mais cela n'était pas statistiquement significatif.

*WAJM 2024; 41 (6): 659 - 667*

**MOTS CLÉS:** Hypertension, Contrôle de la pression artérielle, Pratiques d'autosoins, Gestion du mode de vie.

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