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*Key Words : Hypertension, Knowledge, Compliance, Health Regimens*

#### ABSTRACT

The study dealt with the extent of knowledge on and compliance to health regimens among hypertensive patients in the City of San Fernando, La Union. The study disclosed that the respondents were highly knowledgeable on health regimens about hypertension particularly with the disease entity, diet, lifestyle and medication. Also the respondents have high compliance on health regimens in terms of diet, lifestyle, medication and follow-up care. Besides, the result shows that there is significant relationship between the extent of knowledge on and extent of compliance to health regimens among hypertensive patients.

The following conclusions were drawn: Hypertensive patients are well-informed about their health management, Hypertensive patients live by the requisite of their health regimen, Hypertensive patients' compliance depends on how they understand their health regimen, the health guide to enhance the knowledge and compliance of hypertensive patients to health regimen is feasible to be adopted.

A developed health guide is to be implemented by nurses in the city health office with the assistance of the clinical instructors, students and barangay health workers. In which the program is to be validated annually by the health team incharge of the evaluation, To necessitate all barangay health units to hold a seminar on hypertension awareness reaching out to every family in the community.

The need to improve intensive educational campaigns on hypertensive consciousness by the health sector namely: City Health Office, Rural Health Units, Clinical Instructors, paramedical and nursing students from grass root level to national level. A well planned and implemented knowledge base and high awareness about hypertension targeting people from all ages, educational status and regardless of monthly income, but priority shall be placed heavily to those whose access to such information is limited,(4)To enhance the strategy program such as to conduct lectures, discussions, seminars, symposium forum in the community using in- service educational program aimed to maintain a

normal blood pressure through mass campaign of a healthy lifestyle, A partnership of the Colleges of Nursing with Department of Health Programs (DOH) such as Registered Nursing for Health Enhancement and Local Services (RNHEALS) to adopt more extensive and regular blood pressure monitoring scheme (daily if possible) as basis for proper referral to appropriate agencies Intensify the educational campaign on hypertensive awareness in the College of Nursing through educational campaigns, as their foremost contribution in creating a healthy community, since education is primarily lodged to them.