

**AWARENESS AND SERVICE UTILIZATION OF HYPERTENSION AMONG
ELDERLY PEOPLE IN URBAN AREA OF HPA-AN TOWNSHIP**

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ABSTRACT

The study on awareness and service utilization of hypertension among elderly people in urban area of Hpa-An township, Kayin State was conducted on 2016. It was a cross sectional descriptive study by using pretested structured questionnaire. It was done to the 250 respondents with age of 60 years and above. Although all the respondents knew the hypertension, only 22.6% know the correct cutoff point of hypertension. Only 31% of respondents got the good knowledge score which was 75th percentile of total score. The proportion of hypertension (both reported and measured) was 62.4% during this survey and only 52.8% of them achieved goal blood pressure according to JNC 8 classification. Awareness of hypertension was 79% and only 64.2% of respondents were taking treatment regularly. Hypertension was mainly diagnosed and treated by GP doctors and basic health staff, 59.3% and 28.5% respectively. There was an association between service utilization and controlled condition of hypertension ($p=0.003$). Blood pressure was more controllable in elderly who consult with basic health staff. There was statistically significant association between family history of hypertension and awareness of hypertension ($p<0.01$) and hypertension status

($p < 0.01$). There was statistically significant association between awareness of hypertension and history of diabetes mellitus ($p = 0.033$) and family type ($p = 0.031$). But there was no association between family support and controlled of hypertension. Hypertension is a major public health problem and need more attention to control the complication. Health education and proper regular treatment of hypertensive cases are in need to intensify.