

**AWARENESS AND TREATMENT SEEKING
PATTERN OF HYPERTENSION AMONG SCHOOL
TEACHERS IN INSEIN TOWNSHIP,
YANGON REGION**

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2012

ABSTRACT

The study of awareness and treatment seeking pattern of hypertension among over 40 years old school teachers in Insein Township, Yangon Region was carried out in 2012. The objective of the study was to identify the awareness, risk factors and treatment seeking pattern of hypertension among school teachers. Crossed sectional community-based descriptive study design was used with semi-structured questionnaires. Respondents were aged over 40 years and total of 180 respondents. Although the respondents were educated and hypertension was common health problem among the community, 55.6 percent of them had low hypertension related knowledge. The proportion of HBP based on JNC-VII was 51.7 percent. The awareness on hypertension was 86 percent. All the persons with awareness of HBP took antihypertensive treatment. But only 46.2 percent (37 out of 80) of respondents had control at the time of survey period. It was found that knowledge of hypertension was significant association with marital status ($p= 0.048$) and there was significant association between HBP and family history of hypertension ($p= 0.033$). According to this study, hypertension awareness was associated with the marital status of the respondents ($p= 0.015$) and treatment seeking pattern (choosing health care provider) of hypertension was associated with the family history of hypertension (genetic history) ($p=0.038$). There was also a significant association between treatment seeking pattern (choosing health care provider) and control of hypertension among the respondents who had hypertension ($p=0.046$). Our findings indicated that the proportion of hypertension, the rates of awareness and treatment of hypertension were higher than in previous surveys but the control was still low. Finally, these results indicated that more attention was needed for improving the prevention and control of hypertension. So that the policymakers and healthcare providers should be more emphasized on CVD prevention programs to reduce the risk of development of cardiovascular diseases and other complications caused by hypertension.