



ORIGINAL RESEARCH

Knowledge and Practices of Hypertensive/Diabetic Patients with Hyperlipidaemia in a Secondary Care Setting in Ebute Metta, Lagos State

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To cite this article: Akinyemi EI and Aina BA. Knowledge and Practices of Hypertensive/Diabetic Patients with Hyperlipidaemia in a Secondary Care Setting in Ebute Metta, Lagos State. Journal of Basic and Social Pharmacy Research, 2020;1(5):1-11.
ISSN: 2705-3245

ABSTRACT

Background: Hypertension and diabetes are two chronic medical conditions which require aggressive management. When both diseases coexist with hyperlipidaemia, it poses a greater risk for cardiovascular disease than with either of the diseases alone. Self-management, a pillar of chronic disease management, is unachievable if patients are unaware or inadequately informed about their medical condition. Adequate information about a disease and its management will empower patients to manage their medical conditions better

Objective: To assess hyperlipidaemia knowledge and practices among hypertensive/diabetic patients with hyperlipidaemia.

Method: This study was conducted in a secondary healthcare facility in Lagos State. A cross-sectional study design was used. Data collection was done using researcher-administered questionnaires. An educational intervention was thereafter carried out. Verbal feedback on impact of intervention was received from all respondents. Frequency distribution and cross tabulations were generated using SPSS version 23.0 at significance level set at $p < 0.05$. The knowledge-related questions were scored and converted to percentages. Scores below 50 % were considered poor, while scores of 50 % and above were considered good.

Results: The overall knowledge scoring revealed that more than half of the patients had poor knowledge of hyperlipidaemia. A significant association was observed between gender and knowledge of hyperlipidaemia ($p < 0.05$); males having better knowledge. Patients had good practices such as good level of medication adherence and appropriate dietary and lifestyle choices necessary for effective hyperlipidaemia management.

Conclusion: This study showed that knowledge of hyperlipidaemia is poor in this patient population, especially among the females though patients demonstrated good hyperlipidaemia practices.

Keywords: Hyperlipidaemia, Cardiovascular Disease, Knowledge, Practices, Adherence