

ORIGINAL PAPER

**Blood Pressure Monitoring Practices and Health Seeking Behaviours
among University Staff in Nigeria**

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Abstract

Background: Knowledge of risk factors associated with high blood pressure and regular blood pressure screening is essential for early detection and treatment of hypertension and subsequently reduces the risk of cardiovascular disease, cerebrovascular disease, and mortality. This study examined the knowledge of risk factors associated with hypertension and further examined the practice of regular blood pressure (BP) monitoring in this study population.

Methods: The study employed a quantitative design to elicit information about perception and knowledge of risk factors associated with hypertension and blood pressure monitoring practices. Three hundred and six respondents selected through a multi stage sampling technique formed the sample for this study. Data was collected with the aid of a validated self-administered questionnaire, and this was analysed using Statistical Package for Social Sciences.

Results: The result revealed that (45.8%) had good knowledge of risk factors associated with hypertension. However, a very large number (67.0%) practiced BP monitoring poorly and they patronize patent medicine store (42.5%) as their health seeking behavior when detected high blood pressure. It further revealed that there exists a significant relationship between knowledge of risk factors associated with high blood pressure and blood pressure monitoring ($\chi^2 = 29.8$; $p = 0.000$) and also there exist a positive correlation between knowledge of risk factors and age ($r = 0.31$, $p = 0.002$) and level of education ($r = .059$, $p = 0.305$), socioeconomic status of respondents ($r = 0.213$, $p = 0.000$). Furthermore, finding shows that there exist a significant relationship between the blood pressure monitoring and age ($r = 0.31$, $p = 0.000$) and level of education ($r = -0.020$, $p = 0.727$) of respondents practice ($r = 0.172$, $p = 0.003$).

Conclusion: This study concludes that measures should be put in place to ensure that workers participate in regular blood pressure screening; this will help in prevention and early detection and better prognosis of hypertension.

Key Words: Behavior, blood pressure, cardiovascular disease, health seeking, monitoring, perception, risk