

Impact of Evidence-Based Lifestyle Guidelines on Self-Efficacy among Hypertension Patients in Telafer District

الخلاصة

Background: Hypertension is considered a lifestyle disease. Self-efficacy is an essential factor in determining people's lifestyles.

Objectives: To determine the effectiveness of evidence-based lifestyle guidelines in enhancing healthy lifestyle-related self-efficacy among hypertensive patients in Telafer City.

Method: A qualitative study design (pre-experimental) was utilized from 14 , November , 2022, to 11, July , 2023, in the six primary healthcare centers of Telafer District.

Hypertensive patients (100) were purposively selected and engaged in the study, which included a guidelines application developed based on the findings of the participants needs assessments and lifestyle guidelines in the form of lectures based on (National Institute for Health and Care Excellence). The questionnaire consists of five parts used for data collection by the interview method. Study data were analyzed using Version 26 of the Statistical Package for Social Sciences (SPSS) software.

Results: The study shows the effectiveness of guidelines in the study domains (knowledge, lifestyle, and self-efficacy). There was an enhancement in the study domains that was proven by the presence of significant statistical differences between the samples in terms of P -value = 0.000.

Conclusion: Most of the studied hypertension patients had unsatisfactory knowledge and non adherence to self-care activities.

Recommendations: The study suggests that nurses and healthcare providers should prioritize evidence-based guidelines for patients with high blood pressure to enhance their efficiency and allocate time for that.