

## Abstract

This correlational study was premised on the basis that increasing knowledge levels of complications of any disease directly translates into concomitant health seeking behaviors. A sample of 80 hypertensive patients, conveniently selected, aged between 45 and 65 years at a major referral hospital, Parirenyatwa Group of Hospitals in Zimbabwe, was used to determine any potential relationship between knowledge levels of complications of hypertension and health seeking behaviors. A questionnaire, which was divided into three sections, was used to collect data during the month of April 2014. Approval to carry out the study was granted by the study site and relevant research ethics committees. A written informed consent was obtained from prospective participant. Data was collected using a questionnaire. Descriptive statistics such as frequencies, percentages and means were used to analyze demographic data, health seeking behaviors and knowledge levels of complications of hypertension. Inferential statistics, in particular Pearson's correlation analysis and linear regression analysis were used to determine the relationship between knowledge levels of complications of hypertension at 5% significance level. Findings showed that there is a weak, positive statistically significant correlation between knowledge levels of complications of hypertension and health seeking behaviors ( $r=0,345^{**}$ ,  $R^2 = 11.9\%$ ,  $p<0.01$ ). This prompts a need to increase public awareness on hypertension, its complications and other hitherto neglected non communicable diseases (NCD's) in Zimbabwe. Medical-surgical nurses are therefore implored to vigorously educate hypertensive patients and the community in general, about complications of hypertension thereby increasing patients' knowledge levels hence improving health seeking behaviors.

## Acknowledgements

First and foremost, I would like to thank God Almighty for enabling me to complete this programme through thick and thin.

My sincere gratitude also goes to my lecturers in the Department of Nursing Science. Particular mention goes to my supervisor, the Chairperson of the department, Mr. A.P.G. Charumbira, and my class coordinator, Mrs. C. Kasu for all the academic support rendered throughout the study period. I thank the Clinical Director of Parirenyatwa Group of Hospital for granting me permission to carry out my research at this hospital. The Matron of Outpatients Department (OPD), Mrs. Pfumayaramba, the nurses and doctors manning the OPD medical clinics deserve a special mention as well for assisting me in the selection of participants. I also thank all the participants who were so eager and willing to take part in the study, not forgetting the 10 who were involved in the pretest at Parirenyatwa Primary Health Centre. Special thank you go to my classmates and friends for all the support rendered. In all this, my family was very supportive; my husband, Beaven Utete, for all the psychological and financial support rendered ; my babies, Stacey Tariromunashe and Kayla Akatendekaishe Utete, thank you for understanding and accommodating the long hours I had to put you through without your mother. To my siblings: Daisy, Davie, Cecilia and Dan, thank you. Last but not least, to my mother, MRS. ROSEMARY KUMBIRAYI KAIYO, I can only say thank you Mhamha, *ngiyabonga kakhulu*.

## Dedication

This project is dedicated to my father, the late MR. FRANCIS KAIYO. This is what he always wanted me to do. I promise that this is just the beginning, better and greater things are coming, Baba.

## TABLE OF CONTENTS

Content	Page Number
Abstract	ii
Acknowledgements	iii
Dedication	iv
Table of contents	v
List of Figures	ix
List of Tables	x
List of Appendices	xii
 CHAPTER 1: INTRODUCTION AND BACKGROUND TO THE STUDY	
Problem statement	6
Purpose of the study	7
Theoretical framework	7
Conceptual definition of terms	13
Research objectives	15
Research questions	15
Significance of the study	15

## CHAPTER 2: LITERATURE REVIEW

Health seeking behavior	17
Knowledge levels of complications of hypertension	21
Relationship between knowledge levels and health seeking behavior	24
Theoretical framework	25
Summary	28

## CHAPTER 3: RESEARCH METHODS

Research design	29
Sampling plan	30
Study site	30
Sampling criteria	31
Sample size	32
Sampling design	33
Conceptual and operational definitions	34
Health seeking behavior	34
Knowledge levels of complications of hypertension	35
Demographic variables	36

Instruments	36
Data collection plan	39
Human rights considerations	39
Data collection procedure	40
Data analysis	40
 CHAPTER 4: RESULT	
Sample demographics	42
Health seeking behavior	48
Knowledge levels of complications of hypertension	56
Relationship between knowledge levels of complications of hypertension and health seeking behavior	66
Summary	70
 CHAPTER 5: DISCUSSION, IMPLICATIONS AND RECOMMENDATIONS	
Introduction	71
Summary	71
Discussion and implications	71
Sample demographics	71
Health seeking behavior	72

Knowledge levels of complications of hypertension	74
Relationship between knowledge levels of complications of hypertension and health seeking behavior	75
Theoretical framework	76
Implications	77
Implications to Medical-surgical nursing	77
Implications to Nursing Education	78
Implications to Nursing Administration	79
Implications to Nursing Research	79
Recommendations	79
Limitations	80
Summary	81
REFERENCES	88
APPENDICES	93

## LIST OF FIGURES

Fig. 1: The Health Belief Model

12



## LIST OF TABLES

Table 1 Age	45
Table 2 Demographic data-1	46
Table 3 Demographic data-2	47
Table 4 Perceived threat and seriousness	49
Table 5 Prevention of complications	50
Table 6 Barriers to health seeking	53
Table 7 Barriers to health seeking-1	54
Table 8 Scores of Health seeking behaviors	55
Table 9 Knowledge levels of complications of hypertension	57
Table 10 Knowledge levels of complications of hypertension-1	58
Table 11 Knowledge levels on signs and symptoms of complications of hypertension	61
Table 12 Knowledge levels on signs and symptoms of complications of hypertension-1	62
Table 13 Knowledge levels on signs and symptoms of complications of hypertension-2	63

Table 14 Scores of knowledge levels	65
Table 15 Pearson's Correlation Matrix of the Knowledge Levels and Health Seeking Behaviors	68
Table 16 Regression Analysis	69

## APPENDICES

APPENDIX A Informed Consent Form	99
APPENDIX B Shona Consent Form	96
APPENDIX C Research Questionnaire	99
APPENDIX D Shona Questionnaire	105
APPENDIX E Clearance letter	113
APPENDIX F Parirenyatwa Hospital Approval Letter	114
APPENDIX G JREC Approval Letter	116
APPENDIX H MRCZ Approval Letter	118