

Hypertension: Patient's Knowledge on Their Disease and Control Level in Kimpese (DRC) « In Progress »

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Context. The world prevalence of HBP in 2015 is 24.1% for men and 20.1% of women. Up to 1.13 billion adults are affected. The highest rate is observed in African region (27%). Less than 1 in 5 patients with hypertension worldwide have well controlled hypertension (OMS, 2015). In 2016, the prevalence of hypertension in DRC was estimated at 22 % and cardiovascular mortality rate at 10%. Two studies in Kinshasa (2015) showed 77.5%, 88.4% prevalence of uncontrolled hypertension and one in Matadi (2016) revealed 65.8%. Personal observation in first trimester (2019) in internal medicine service at IME district hospital was 60.3%. Several factors contribute to the non-control of hypertension at the level of the patient. Patient's knowledge of their disease is one of such factors. Therefore, our study intends to answer the question: "Are hypertensive patients attending Kimpese health facilities knowledge about their disease, and it's relation with control level of hypertension?"

Objective: To determine the hypertensive patient's knowledge, and control level of hypertension.

Methods: This cross-sectional study will include 422 Adults patients with hypertension attending the internal medicine service of IME Kimpese Hospital and 4 health centres: CECO, LAMBA, LA FAMILLE, NKEBOLO. A questionnaire will be administered in French and Kikongo and the data entry with EPIDATA 3.5 software and statistical analysis will be done with SPSS version 21. The descriptive data will be presented in of frequencies for the categorical variables and means for continuous variables. The Hypertension knowledge will be measured by an adapted validated Indian Hypertension Knowledge Test which total score is 22. The patients will be classified in three categories according performed in Poor knowledge of hypertension (0-10), Moderate knowledge of hypertension (11-16), Good knowledge of hypertension: (17-22).

The association between Hypertension knowledge and the control level of blood pressure will be measured with chi-square test (independence). The threshold of significance retained will then be $p < 0.05$ with 95% CI.

Expected Results

1. Level of knowledge of hypertensive patients on their disease and its associated factors is determined.
2. The association between hypertension knowledge and control level is determined.