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Poor knowledge about hypertension and its effect on health rn, rcn

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This study will focus on poor knowledge of hypertension and its effect on health among adult living in Abuja Nigeria.

According to world health organization, hypertension is an elevated blood pressure is a serious medical condition that significant increases the risk of heart, brain, kidney and other diseases.

Elevated blood pressure is a chronic disease can be easily ignored due to its asymptomatic in nature. In Nigeria which is one of the largest population in African, there have been a continuous increase in the number of complications arises from hypertension such as stroke, acute kidney injury, retionpathy to mention but few.

W.H.O started that, 46% of adult with hypertension are unaware that they have the condition, less than half of adult {42%} with hypertension are diagnose and treated, Approximately 1 in 5 adult (21%) with hypertension have it under control.

One of the ways to keep reducing this prevalence of hypertension in our society most especially in Nigeria is to increase the awareness rate on hypertension and its effect on their general wellbeing as a person.

Increase awareness will not only enlighten the public but aim at early diagnosis, prompt management and reduction in the mortality caused by the complication arises from high blood pressure.

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