

## **Evaluation of pregnancy induced hypertension controls and self-care knowledge's among pregnant mothers in District of Vlore**

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### **Abstract**

Pregnancy induced hypertension (PIH), also referred to as toxemia and preeclampsia, may be a sort of high pressure in pregnancy and one in every of the main causes of mortality and morbidity in pregnant women. Self-care knowledge of pregnancy induced hypertension encompasses the knowledge of skills that pregnant women with PIH wear a way to control pressure level. This study aims to assess self-care knowledge's and pregnancy induced hypertension controls among pregnant mothers within the District of Vlore so as to stop complications and to supply adequate health education. this can be a descriptive cross-sectional study, where a quantitative method was used for data collection resulting from a survey structured within the style of a self-administered questionnaire entitled PIH self-care knowledge questionnaire employed in the same study. The self-care model by Dorothea Orem was accustomed guide this study. The study was conducted at the Central Polyclinic of the District of Vlore within the Department of Prenatal Women's Care and includes the amount from April 2018 to September 2018. The results showed that 70% of participants don't know that lack of physical exertion and drinking alcohol worsens HTA, yet as 60% don't know the impact of high salt diet and stressful situations. Lack of sufficient knowledge about these important risk factors will be translated as an occasional level of self-care and PHI control. Most participants have an interest in doping up to lower TA (80%) but they are doing not understand how to watch fetal movements (90%). The findings of our study showed that knowledge influenced the control of HTA which it's necessary to strengthen them in nursing practice because the main task of qualified midwives especially in antenatal clinics. A behavior change within the PIH women are going to be instilled so as to influence change in behaviours of PIH pregnant women. Our aims to look at the factors influencing self-care for the prevention and control of preeclampsia in high-risk women.

The present study could be a review where the researcher browsed the available databases like PubMed, Cochrane, Medline, Google Scholar, Medscape, and relevant research published between 1980 and 2016 were studied. to look for articles, relevant Medical Subject Heading keywords were first determined (Self-care, preeclampsia, prevention.) a complete of 350 related articles were first selected, and therefore the findings of 70 were wont to compile this article. The results of the study were classified under two general categories, including (1). Counseling and screening strategies and (2) self-care strategies for the prevention and

control of preeclampsia in high-risk women. Screening women in danger for preeclampsia include measures like measuring their pressure, checking for signs of depression, testing for thrombosis, taking a history of preeclampsia, providing preconception counseling about the suitable age, time of pregnancy, and inspiring weight loss in obese women. This review showed a positive relationship between knowledge about self-care for preeclampsia and its control. The factors influencing preeclampsia self-care include making lifestyle changes, having a healthy diet, learning stress management, performing exercise and physical activities, taking antioxidants, dietary supplements, and calcium and adherence to aspirin and heparin regimens. there's a positive relationship between preconception counseling, screening women in danger for preeclampsia, self-care for the prevention, and control of preeclampsia. Pregnancy induced hypertension (PIH), also referred to as toxemia or preeclampsia, could be a kind of high pressure in pregnancy and one among the main causes of mortality and morbidity in pregnant women. Self-care knowledge of pregnancy induced hypertension encompasses the knowledge of skills that pregnant women with PIH wear the way to control vital sign. This study aims to asses self-care knowledges and pregnancy induced hypertension controls among pregnant mothers within the District of Vlore so as to stop complications and to produce adequate health education. this can be a descriptive cross-sectional study, where a quantitative method was used for data collection resulting from a survey structured within the style of a self-administered questionnaire entitled PIH Self Care Knowledge Questionnaire utilized in the same study. The self-care model by Dorothea Orem was wont to guide this study. The study was conducted at the Central Polyclinic of the District of Vlore within the Department of Prenatal Women's Care and includes the amount from April 2018 to September 2018.

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### *Short Article*

Key Words: pregnancy induced hypertension, self-care, preeclampsy, risk factors, knowledges, maternity of Vlore. Hypertensive disorders in pregnancy is one amongst the key causes of maternal and perinatal morbidity and mortality. Though it cannot be prevented, the adverse outcome

will be prevented by early detection, proper monitoring, early detection of complications and timely deciding. To assess the knowledge of gestational hypertension and knowledge regarding self care measures of gestational hypertension among primigravid women with gestational hypertension.