HYPERTENSIVE PATIENTS’ PERCEPTIONS ABOUT HYPERTENSION SUPPORT GROUPS IN CARLETONVILLE DISTRICT

by

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DECLARATION

I declare that “HYPERTENSIVE PATIENTS’ PERCEPTIONS ABOUT HYPERTENSION SUPPORT GROUPS IN CARLETONVILLE DISTRICT” is my own work and that all the sources I have used or quoted have been indicated and acknowledged by means of complete references and that this work has not been submitted before for any other degree at any other institution.

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ABSTRACT

A quantitative, descriptive and exploratory study was undertaken. The purpose was to explore and describe the perceptions of hypertensive patients regarding hypertension support groups in Carletonville District in order to make recommendations based on the research findings that could lead to improvement of the quality of management of hypertensive patients.

The study included 350 hypertensive patients who agreed to participate voluntarily in the study. A questionnaire was used to collect data, which was analysed by computer. The findings revealed that the hypertension support group had strengths and weaknesses. The strengths included providing moral support, health education and a sense of belonging. The weaknesses identified were prolonged support group sessions, domination by other group members and unresolved conflicts.

Some patients could not attend the support group sessions regularly because of transport problems and employment. Other respondents felt that the nurse who facilitated the support group did not respect their cultural beliefs.

KEY CONCEPTS

Hypertension, nurse, patient, perception, support group.
DEDICATION

This dissertation is dedicated to my late mother, Dina Moseri and my younger brother Christopher Moseri, who at the time of writing was missing, and the family had been searching for over a year. I wish they were here to see me graduating with an MA (CUR) which they so much encouraged and inspired me to undertake.

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