

Patient Education Experiences of Adult Hypertensive Patients and Perceived Associated Factors in the Primary Care Setting in Bomet County, Kenya.

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Abstract:

Hypertension is the leading cause of cardiovascular disease and the third leading cause of preventable deaths globally. Its burden is rising rapidly in low- and middle-income countries, with African nations, including Kenya, experiencing significant increases in prevalence. In Kenya, nearly one-third of the population is hypertensive, yet only 12% achieve adequate control, contributing to a high disease burden. Bomet County, located in the Rift Valley region, mirrors the national prevalence.

Poor adherence to both pharmacologic and non-pharmacologic treatment is a key reason for poor blood pressure control. One major contributor to this nonadherence is limited patient knowledge about hypertension and its management. Effective patient education improves knowledge and is linked to better adherence, ultimately enhancing health outcomes. Kenya's National Guidelines for Cardiovascular Disease Management identify patient education as a critical component of hypertension care, recommending that it be provided at every visit, covering lifestyle changes and medication adherence. However, it remains unclear how consistently and effectively this is implemented in practice.

This study aims to explore the experiences of adult hypertensive patients in Bomet County regarding the education they receive and their perceptions of the factors that support or hinder effective patient education. It will use a qualitative design, targeting adults aged 18–69 years diagnosed with primary hypertension at least three months prior. Participants will be recruited through purposive sampling with maximum variation from primary care facilities and clinics in referral centres. Data will be collected using semi-structured interview guides for in-depth interviews, focus group discussions, and key informant interviews. Thematic analysis will be used to interpret the data. Findings will be shared with stakeholders to inform improvements in hypertension patient education and support better management outcomes.

Keywords:

Hypertension, Cardiovascular Disease, Patient Education.