RISK FACTORS ASSOCIATED WITH HYPERTENSION AMONG ARMED
FORCES PERSONNEL ATTENDING MEDICAL OUTPATIENT CLINIC AT AFMH
IN NAIROBI KENYA.

A DISSERTATION SUBMITTED IN PART FULFILMENT OF THE
REQUIREMENTS FOR THE AWARD OF MASTER OF SCIENCE DEGREE IN
CRITICAL CARE NURSING OF THE UNIVERSITY OF NAIROBI.

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H56/72475/08

SUBMITTED AUGUST 2010
Abstract

Background information

Hypertension remains a major risk factor for the development of cardiovascular diseases (CVDs) worldwide. Statistics show a rising morbidity and mortality in developing countries especially in the Sub Saharan Africa (SSA) as a result of hypertension. Military personnel engage in physical activities and regular exercise which improve their physical fitness hence reducing chances of developing CVDs. However, hypertension has been observed to be on the rise in this population. This study therefore, sought to identify risk factors that could be associated with development of hypertension among this population.

Study objective

The objective of this study was to determine the risk factors associated with development of hypertension among military personnel attending medical outpatient clinic at Armed Forces Memorial Hospital (AFMH) in Nairobi Kenya.

Methodology

This was an exploratory cross-sectional survey that was carried out at Armed Forces Memorial Hospital situated along Mbagathi road for a period of 12 weeks from May to July 2010. Simple random sampling was utilized in selecting subjects. A total of 170 hypertensive and 170 normotensive subjects were recruited in this study. A structured questionnaire based on WHO stepwise approach for surveillance of chronic disease was used as a tool for data collection for both groups with physiological and anthropometric measurements being obtained from each subject. STATA version 11 was used to analyze collected data and measures of central tendency, chi square test, bivariate, multivariate and logistic regression employed as statistical methods for data analysis.