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Development and Evaluation of Patient Information Leaflet Usefulness in Patients with Hypertension in a Tertiary Care Teaching Hospital

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Abstract

Patient Information Leaflet (PIL) is an informative resource for providing patient education on illness, drugs and lifestyle changes for effective outcomes. PILs for patients with chronic disorders such as high blood pressure are finest-used tools. The objective of the study is to develop and validate the usefulness of PIL in patients with hypertension. Ensuring Quality Information for Patient (EQIP) questionnaire, Flesch Reading Ease (FRE), Flesch Kincaid Grade Level (FK-GL) formula and Baker Able Leaflet Design (BALD) was used to assess the quality, design and readability of prepared leaflet on hypertension. The attitude, knowledge and practice of the patient at pre and post administration of leaflet along with proper counselling was assessed using KAP questionnaire, i.e. Knowledge, Attitude and Practice PIL Usefulness Assessment Questionnaire (PILUAQ) has been used for determining PIL's effectiveness. The leaflets EQIP score was 86.8% and the FK-GL and FRE scores were 5.3 and 69.1 respectively, indicating the leaflets good consistency and readability. The BALD score was 25, showing the standard layout and leaflet design. The findings of PILUAQ suggested that the leaflet would have been considered useful. As compared to the pre-KAP scores, the post-KAP scores obtained from patients with hypertension substantially increased (p value < 0.05). It was also found that there was a significant correlation (p value < 0.05) between patients' education and knowledge, attitude and practice. The study concluded that along with the information leaflets, the pharmacist provided patient education that had an impact on patient's attitude, knowledge, and practice of disease management.

Key words: Hypertension, Layout and Design, Patient Information Leaflet, Readability, Quality

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the process of
diagnosis and treatment.³

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