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AN INFOGRAPHIC TOOL DEVELOPMENT AND VALIDATION FOR AN EDUCATIONAL INTERVENTION FOR SELF-MANAGEMENT OF HYPERTENSION

ANUSHA SHARON FURTADO

MCHP, MAHE, Manipal, ANUSHAFURTADO123@GMAIL.COM

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**AN INFOGRAPHIC TOOL DEVELOPMENT AND VALIDATION FOR
AN EDUCATIONAL INTERVENTION FOR SELF-MANAGEMENT OF
HYPERTENSION**



MANIPAL
ACADEMY *of* HIGHER EDUCATION
(Institution of Eminence Deemed to be University)

A dissertation submitted in partial fulfilment of the award of

MSc. Health Information Management

Degree to

MANIPAL ACADEMY OF HIGHER EDUCATION

By

ANUSHA SHARON FURTADO

Under the Guidance of

Dr B. Reshmi

Associate Professor, Sr. scale

Department of Health Information Management

MCHP, MAHE, Manipal

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ABSTRACT

Background: Hypertension or high blood pressure is a serious condition affecting 33 per cent of urban and 25 percent of rural Indian population. It can be cured by the antihypertensive medications, but self-management approaches also play a very important role in lowering one's blood pressure. Infographics are one such material which uses visuals to educate the audience. This study assesses the understandability and actionability of the newly developed infographic aimed at encouraging dietary adjustments, self-blood pressure monitoring, medication adherence and lifestyle modifications with dietary approaches and exercise.

Objectives: The objectives of the study were to develop an infographic tool for educating the patients with hypertension and to validate the infographic tool using PEMAT A/V.

Methodology: The infographic was designed using the Canva application and some of the graphical illustrations were drawn using the Procreate application. After the designing of the two-page infographic, it was validated using the Patient Education Material Assessment Tool (PEMAT). This cross-sectional study was conducted among 5 cardiologists, 2 general physicians, 2 community physicians and a cardiopulmonary physiotherapist.

Statistical Analysis: The PEMAT was available in the form of a Microsoft Excel sheet which was used to determine the understandability and actionability scores. The mean and standard deviation was also calculated in the same.

Results: The infographic was successfully designed and developed using the Canva application which was later validated by the participants using the PEMAT-A/V. The mean Understandability score was 87.8% and mean Actionability score was 89.2%. The Standard Deviation was calculated for both understandability and actionability which was 0.12 and 0.14 respectively.

Conclusion: As per the requirements of the PEMAT, the patient education material had to score a percentage of more than 70. The infographic developed in this project scored a mean percentage in both understandability and actionability more than 70% and hence, it was concluded that it can be easily understandable by the patients and is ready action.