



A PROSPECTIVE STUDY – AWARENESS AMONG HYPERTENSIVE PATIENTS

KEYWORDS

hypertension , salt restriction , kidney disease

DR.S.SOPNAJOTHI

MD, Assiatant professor of general medicine , govt Theni medical College ,Theni .

Dr.S.M.Thirunaukkarasu.

MD, Associate Professor Of Medicine Govt Theni Medical College Theni.

Dr.T.Ravikumar.

MD, Professor And Hod Of Medicine, Govt Medical College And ESI HospitalCoimbatore.

Dr.Vallidevi

MD, Asst.Professor-of Medicine Madurai Medical College Madurai.

ABSTRACT

Aim Of The Study: The aim of the study is to assess the knowledge and awareness regarding hypertension its various aspects of hypertension among hypertensives .

Material And Methods: This is a prospective observational study in tertiary medical care hospital , in southern part of Tamil Nadu over 3months with 50 hypertensive patients

Results: 66% patients know the definition of hypertension and 42 out of 50 patients know about salt restriction .25 patients checking their BP once in a month .30 to 40 % of patients aware the relationship between hypertension and renal diseases. 39 patients aware that uncontrolled BP affect heart ,brain ,blood vessels and kidney diseases.about 43 patients out of 50 know life style modifications .

Conclusion: There is need for public health experts to carry out educational campaigns to increase awareness on hypertension.

INTRODUCTION

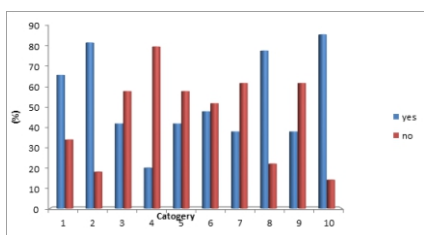
Systemic hypertension is the commonest noncommunicable disease, and public awareness about hypertension and its determinants is poor. This study aims to assess the knowledge and level of awareness of the disease among hypertensive patients attending the medical outpatient clinic of Govt theni medical college hospital ,theni, Tamilnadu,India.

Material And Methods

50 out patients attending medical outpatients clinic at GTMCH during the period from december 2016 to february 2017 were randomly selected and provided the questionnaire and their knowledge regarding hypertension was assessed after getting consent from the patient.

Results

Incidence of patients know the definition of hypertension is about 66%. 82% of patients aware about salt restriction in diet will help in reducing the blood pressure. About 42%percentage of patients checking their blood pressure once in a month. About 20% percentage of patients experience or aware about hypotension following intake of antihypertensives. About 42%percentage of hypertensive patients knows about that if they have swelling of feet, legs and reduced urine output should check their BP and to have consultation and should help in further evaluation .The percentage of patients know that they have to monitor their urine albumin, urea and creatinine is about 48%. About 38 %knowledge regarding unnecessary and excessive intake of analgesics will affect kidneys and may raise the blood pressure. The percentage of patients aware that Uncontrolled Blood Pressure will affect heart, brain, kidneys ,eyes and blood vessels is about 78%. About 38 % percentage of patients aware that high BP may be asymptotic sometimes. About 86 % of hypertensive patients know that all hypertensives must have regular walking ,healthy dietary changes and life style modifications.



Q No	Question	Options
1	High blood pressure is defined as Systolic BP >130mmHg, & Diastolic BP >90mmHg	Yes / no
2	We can control BP by restricting salt intake	Yes / no
3	You are checking blood pressure once in a month	Yes / no
4	After taking anti hypertensives u experianced hypotension /very much reduced bp	Yes / no
5	If u have symptoms like edema feet and reduced urine output you have to check your blood pressure regularly	Yes / no
6	Hypertesives must their measure their urine albumin and urea ,creatinine levels	Yes / no
7	Unwanted and excessive intake of analgesics will affect kidneys and may raise blood pressure	Yes / no
8	Uncontrolled Bp will affect heart , brain , kidneys ,eyes and blood vessels	Yes / no
9	High BP may be asymptotic sometimes	Yes / no
10	All hypertensive patients must have regular walking and healthy dietary changes	Yes / no

DISCUSSION

Hypertension is recognized as a silent killer, as it damages the target organs on a continuous and progressive basis until symptoms are manifested. Our study focus mainly the awareness regarding hypertension, its complications such as target organ damage, preventive aspects like life style modifications. Asymptomatic hypertension also to be identified and treated via proper health education , life style modifications and medications.

Patients aware that excess salt will increase the BP, but after avoiding salt in rice and receipies they are taking excess salt in the form of pickle, dried fish, fast foods, tanned foods which contain excee salt.

Avoiding excessive salt ,wt loss, maintaining healthy body ,avoiding excessive alcohol to quit smoking, regular physicl exercise, eat healthy diet these are the life style modifications needs to be followed by everyone and have to educate family members in a right way is important.

Symptomatic or asymptomatic hypotension following treatment of hypertension is observed very minimal level in our study says that still more ways to be identified to treat hypertension.

Morbidity and Mortality due to chronic kidney disease are increasing and overwhelming. Hypertension is one of the leading cause for CKD ,so control of hypertension will reduce the burden due to CKD. Giving adequate knowledge in Identification of CKD at early stages by symptom analysis, urine microalbumin assesment and relevent investigations also help in reducing morbidity related to SHT and CKD. Drug induced nephropathy to be educated to patients.

By providing adequate knowledge of cardiovascular, cerebrovascular complications retinopathy related symptoms due to hypertension helps in morbidity reduction. Complications such as Atrial fibrillation, ischemic heart disease ,ischemic as well as hemorrhagic stroke ,peripheral vascular disease and hypertensive retinopathy related symptoms to be educated to hypertensive patients and needs to be addressed earlier and to be treated at appropriate time.

CONCLUSION

Health education has to be given to patients and family members regarding awareness, symptoms, complications, healthy life style modifications and preventive aspects of ssystemic hypertension .

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