Importance and Necessity of Hypertension Awareness

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INTRODUCTION

Hypertension is a largely preventable cardiovascular risk factor that affects a significant proportion adult populations worldwide. Factors such as the ageing populations, rapid urbanization, increase in the prevalence of obesity, and high dietary sodium intake are closely associated with increasing prevalence of hypertension, which is responsible for 45% and 51% of the deaths due to cardiac disease and stroke, respectively. Studies have suggested that effective blood pressure control can reduce these risks.

In patients with chronic kidney disease (CKD), cardiovascular diseases represent the leading cause of death, and adequate control of high blood pressure in these patients is an important means of reducing morbidity and mortality. Despite generally low awareness, treatment, and control rates of hypertension globally, significant variability is also observed between countries in this regard. In this study, our aim was to assess the level of knowledge on blood pressure measurement in CKD patients followed up in our unit

MATERIAL AND METHOD

A questionnaire on hypertension measurement was completed by 211 hypertensive patients followed up at the Nephrology Unit, Antalya Research and Training Hospital.

FINDINGS

A questionnaire on hypertension measurement was completed by 211 hypertensive patients followed up at the Nephrology Unit, Antalya Research and Training Hospital.

Of the 211 patients, 92 were female and 119 were male.

Patients were divided into stages using CKD-EPI formula as follows:
Stage 1-3, 59.2%; and Stage 1-4, 40.4%.

Of the study participants 65.4% reported that they were informed on proper blood pressure measurement technique, while 34.6% reported no such knowledge.

The sources of information for the proper blood pressure measurement technique included health personnel in 44 patients, instruction manual in 30 patients, self-teaching in 28 patients, sales representative in 18, and pharmacist in 18.

The number of patients who reported no blood pressure monitoring, monitoring once weekly, monitoring twice weekly, monitoring thrice weekly, monitoring 4-times weekly, and on a daily basis was 36%, 19.4%, 13.3%, 8.5%, 5.2%,, and 14.7%, respectively.
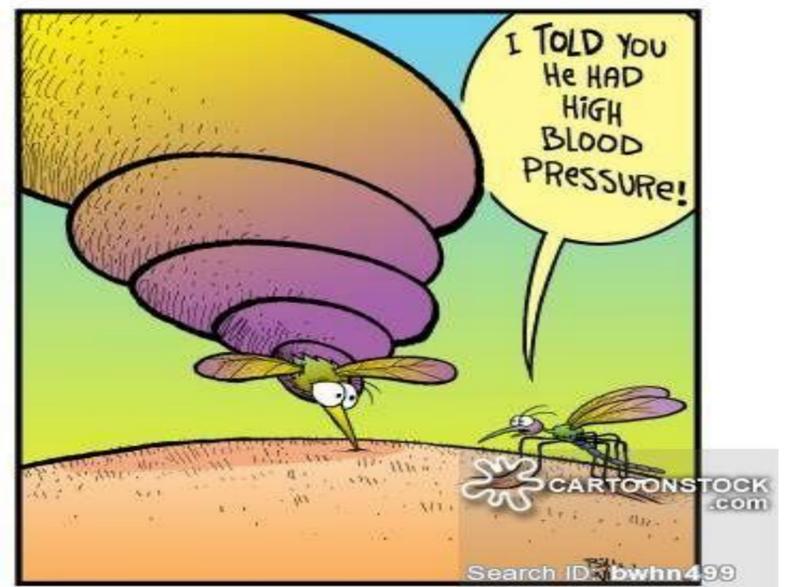
CONCLUSION

Globally, only 50% of hypertensive individuals are aware of their condition, and of these 50% receive anti-hypertensive treatment. Among those who receive anti-hypertensive agents, adequate blood pressure control is achieved only by 50%.

According to previous hypertension prevalence studies from Turkey, the level of awareness among hypertensive patients is 54.7%, the proportion of individuals receiving anti-hypertensive treatment is 47.4%, and blood pressure control rate is 28.7%.

The first step to increase blood pressure control rates in our patients should involve patient education on the importance of blood pressure measurement and monitoring.

Similar to the case with diabetes education nurses, hypertension education nurses should be made more available to hypertensive populations, and patients should be closely monitored using diaries providing information on diet, exercise, blood pressure readings, use of medication, and compliance with treatment.

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REFERANCES

1. Turkish Society of Nephrology Peritoneal Dialysis Application Book
2. Turkish Heart Assosiation web site