Control and monitoring for 6 years of patients with Hypertension in the community at the National University of Santiago del Estero, Argentina

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Introduction

The aim of this study was to obtain further information regarding patients with hypertension, the presence of risk factors for cardiovascular disease and the impacts of pressure values of these hypertensive patients of the Community at the National University of Santiago del Estero, Argentina.

Objectives

The overall objective was to perform control and monitoring of the hypertensive population and investigate the presence of some risk factors for cardiovascular diseases.

The Specific objective was to demostrate how the presence of risk factors impact on the blood pressure of the hypertensive population.

Development

This is a quantitave, descriptive and cross study which began in December 2008, recording the blood pressure and controlling the risk factors and changes in the Unit of Primary Health Care.

The variables studied were:

*Age

*Sex

*Obesity

*Sedentary lifestyle

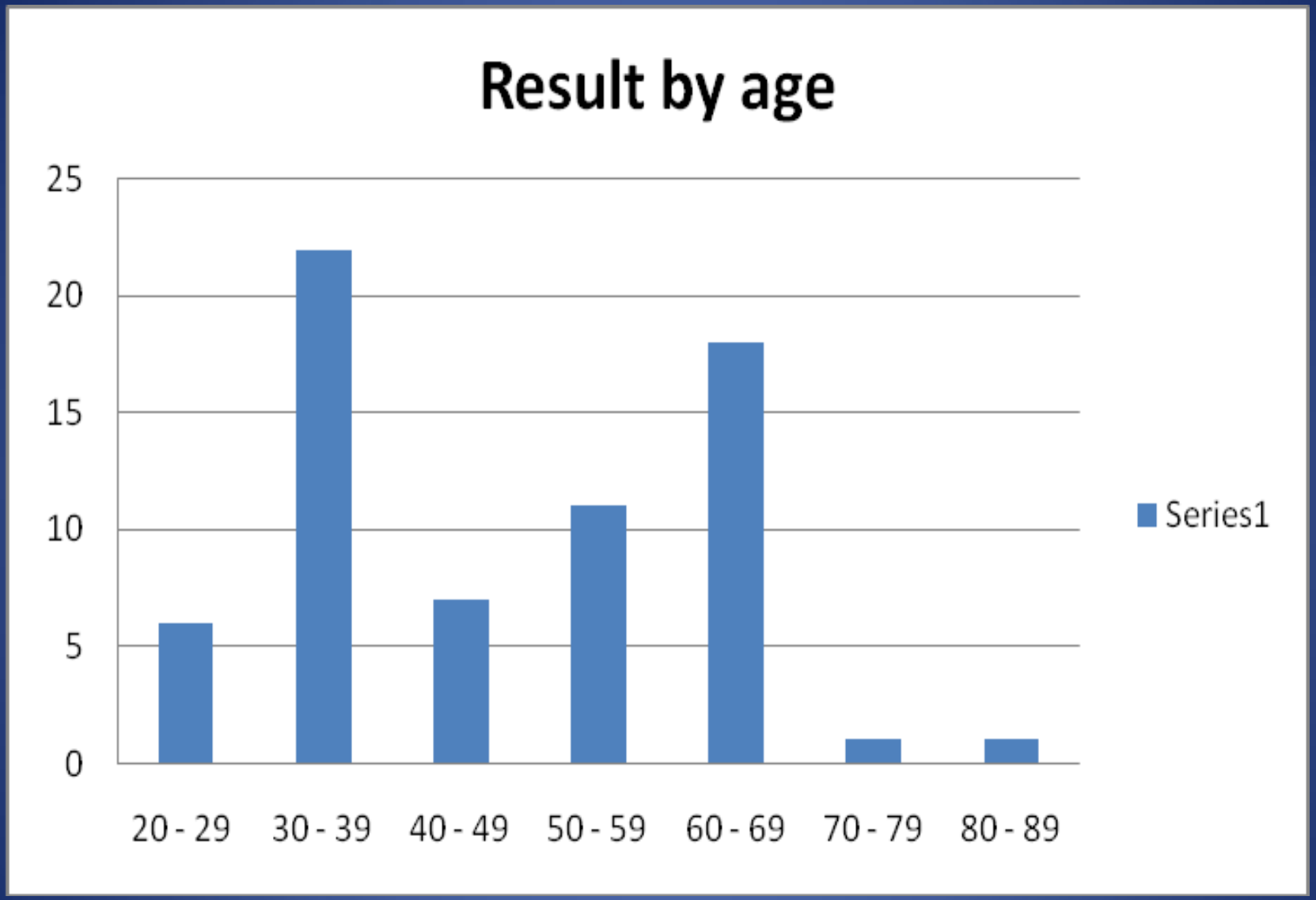
*Smoking

Overall Results

Total population	66
Total number of consultations	4296
Blood pressure checkouts recorded	4296
The average BP at the baseline	150/90 mm Hg
The average BP at the end	135/80 mm Hg
Total population at the end	62

Results by Age

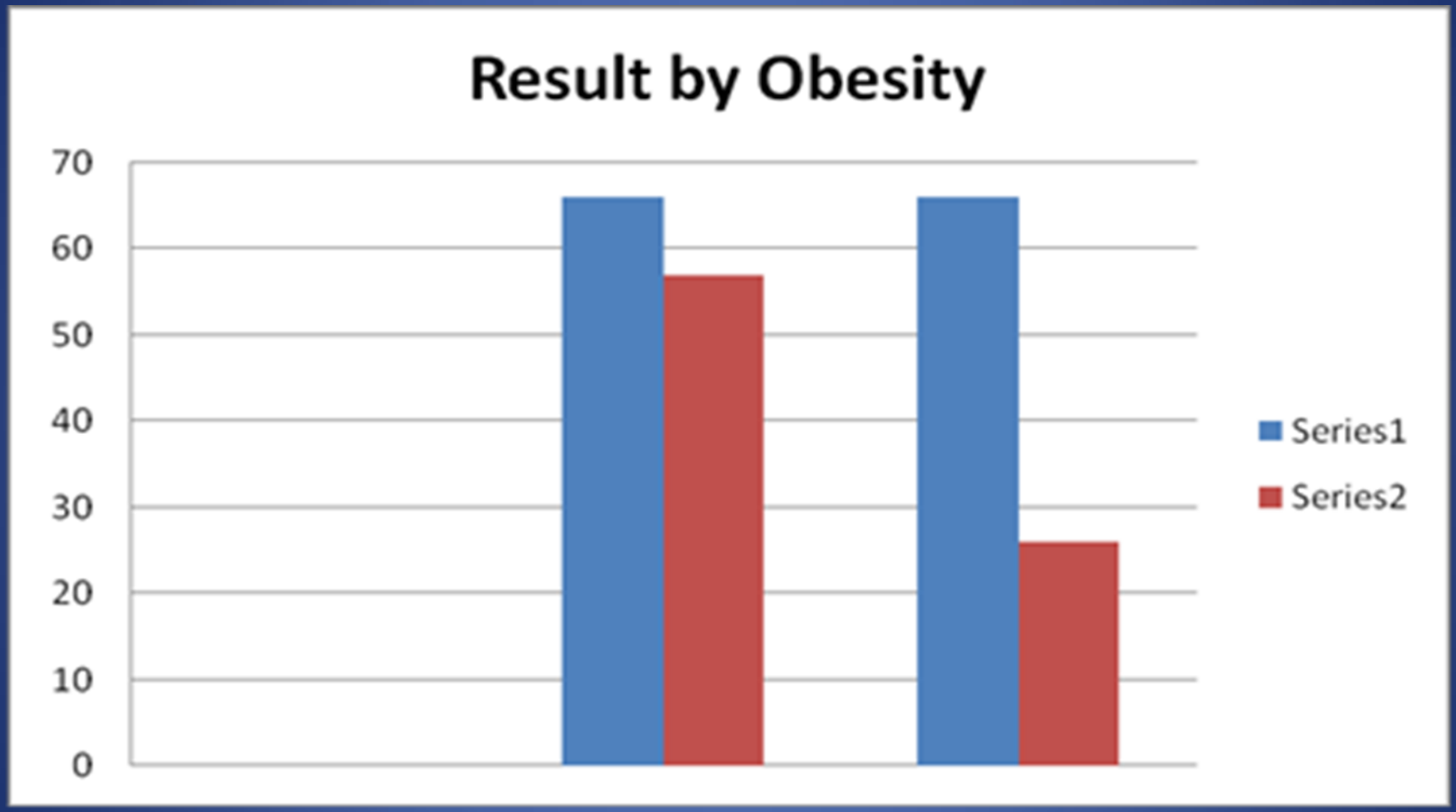
Total hypertensive people	66
Age 20 – 29	6
Age 30 – 39	22
Age 40 – 49	7
Age 50 – 59	11
Age 60 – 69	18
Age 70 – 79	1
Age 80 – 89	1


Result by age
25
20
15
10
5
0
20 - 29
30 - 39
40 - 49
50 - 59
60 - 69
70 - 79
80 - 89
Series1

Results by Obesity

Number of patients who were obese	57
Percentage of sample size who were obese	86.36

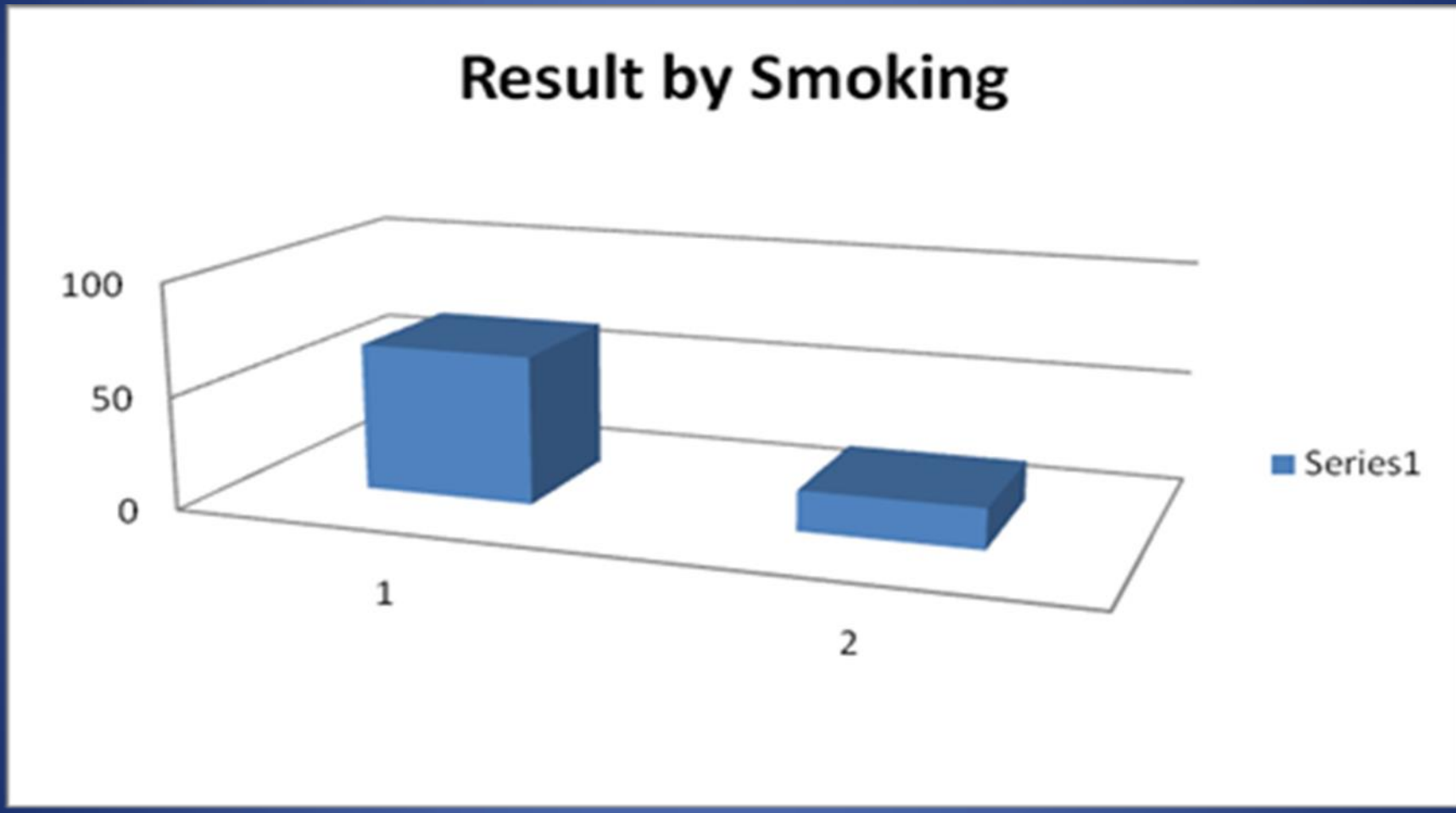
At the end 26 reduced weight.


Result by Obesity
70
60
50
40
30
20
10
0
Series1
Series2

Results by Smoking

Nº of patients who Smoke	18
Percentage of sample size who smoke	27.27

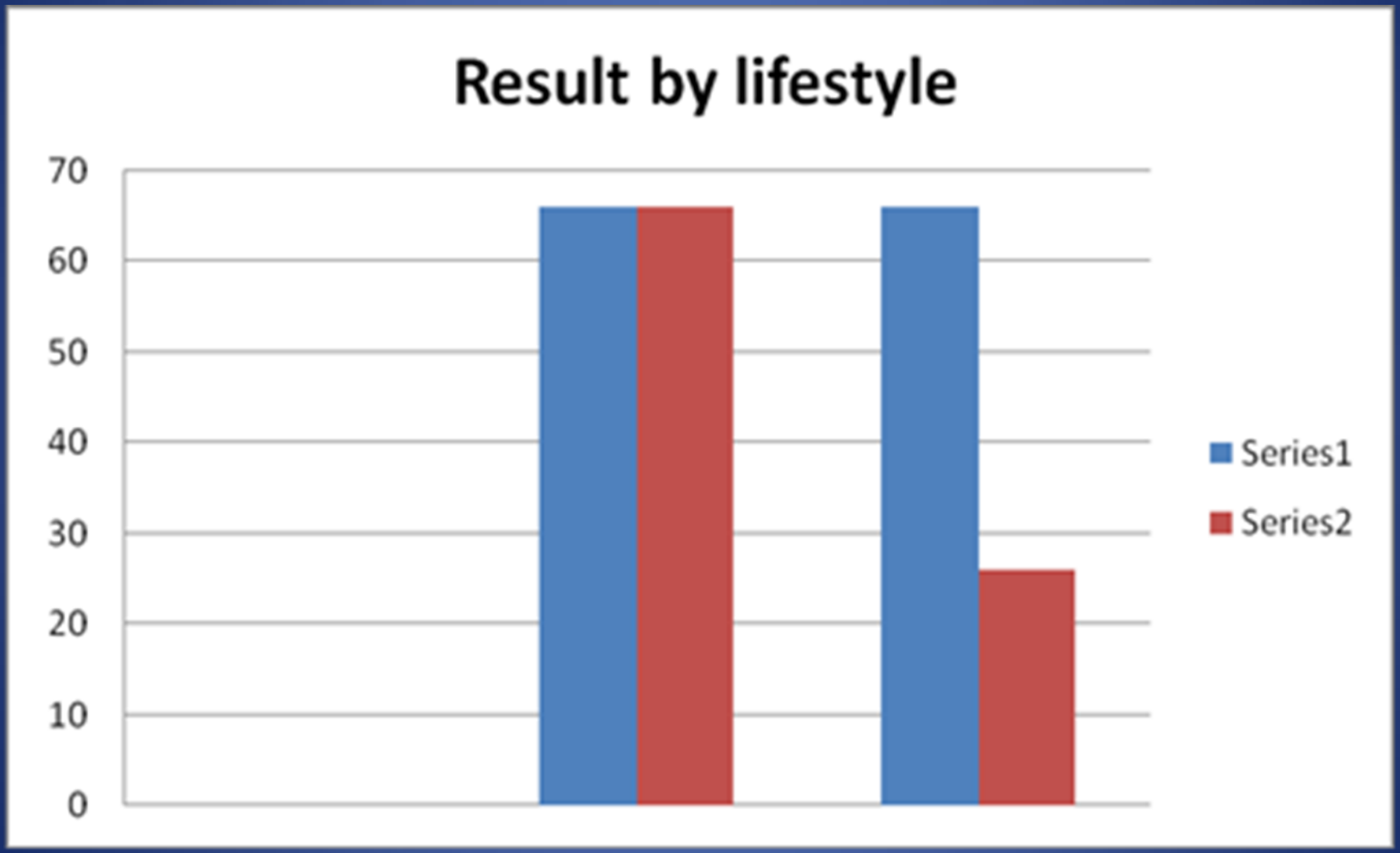
At the end 1 passed away, only 2 reduced the amount of cigarettes they smoke a day.


Result by Smoking
100
50
0
1
2
Series1

Results by lifestyle

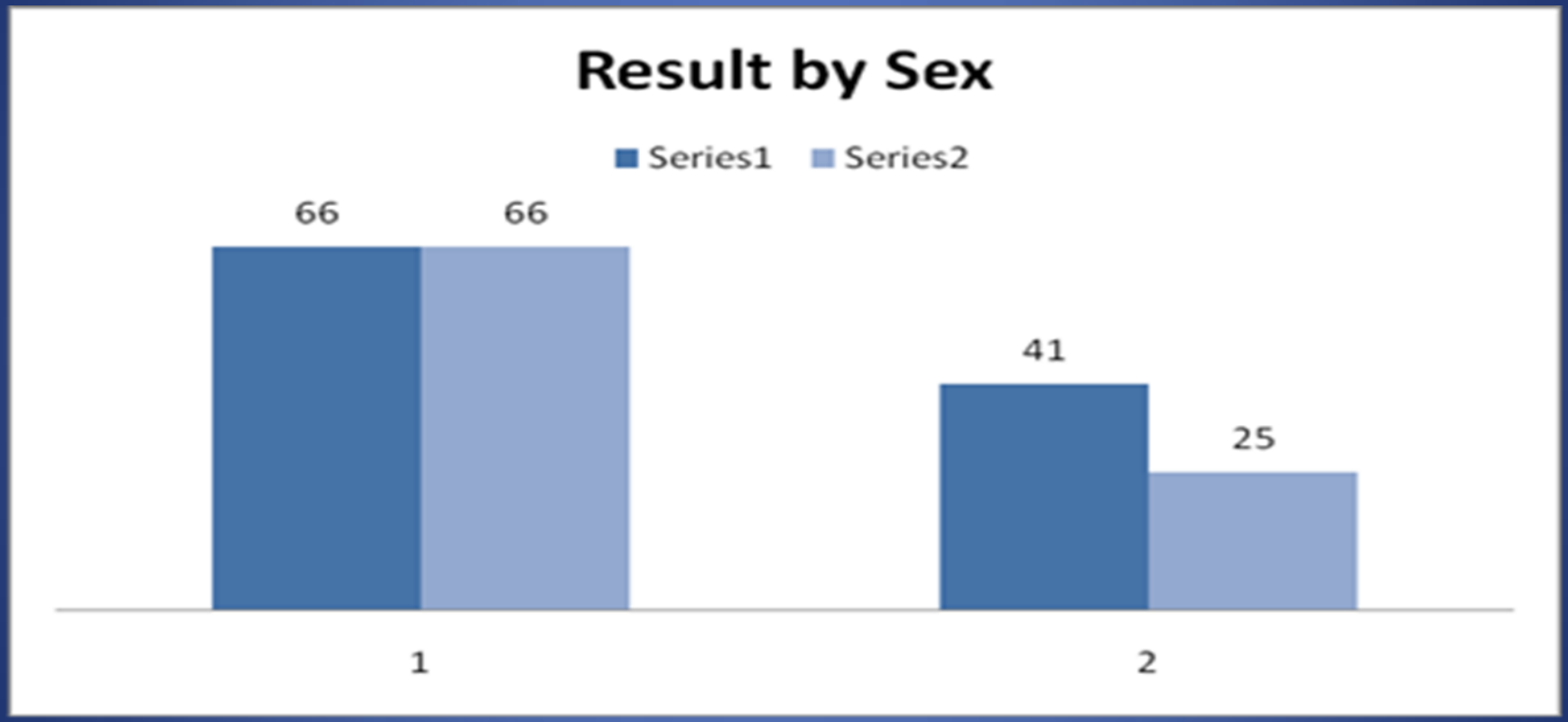
Nº of patients with a sedentary lifestyle	66
Percentaje of sample size with sedentary lifestyle	100

At the end only 26 performed physical activities scheduled.


Result by lifestyle
70
60
50
40
30
20
10
0
Series1
Series2

Results by Sex

Total Males	41
Males as a percentaje of total population	62.12
Total Females	25
Females as a Percentage of Total Population	37.87


Result by Sex
Series1
Series2
66
66
41
25
1
2

Miscellaneous Results

1 patient was diagnosed with cardiometabolic syndrome

4 patients with type 2 diabetes.

1 patient with hyperthirodism

1 patient presented with acute myocardial infarction, after that he received stent placement and pacemaker

1 patient with Osteoarthritis and Osteoporosis

Conclusions

It was demonstrated that when hypertensive patients are physically active and lose weight will reduce the blood pressure.

Smoking is a toxic habit and creates considerable psychological dependence.

So patients are suggested consulting and having psychological controls that help them overcome this addiction.

Thank you very much
for your attention