

Screening for Hypertension in DHQ Teaching Hospital Sargodha

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ABSTRACT

Aim: To conclude the occurrence of Hypertension in 18 to 45 years age population attending medical OPD of district headquarter (DHQ) teaching hospital Sargodha.

Study design: Descriptive cross-sectional.

Place and duration of study: Sargodha; June 2016- July 2016.

Methods: This was descriptive cross-sectional study carried out in 18 to 45 years age population of both gender attending medical OPD of district headquarter (DHQ) teaching hospital Sargodha; sample was drawn using convenient sampling technique. Data was collected and analyzed after due permission, blood pressure observations and interviews of concerned personnel was the basis.

Results: Hundred individuals of both genders were involved in the survey. The mean age was 35.5 ± 15.6 years and 55% were females. The prevalence of hypertension was 37%. Ageing, illiteracy, low educational level, diabetes mellitus and overweight were established to be threats aspects for this menace.

Conclusion: It is a need to carry out related surveys in other areas of the country to catch the meticulous encumbrance of disease. Further prominently, it is also essential to catch advanced clarifications to fight the issue in terms of its detection and management.

Keywords: District headquarter (DHQ) teaching hospital, Hypertension, Screening.

INTRODUCTION

High blood pressure is a universal community well-being delinquent with increasing prevalence¹. High blood pressure is a most important hazard for cardiovascular disease in the world. It was anticipated in the year 2000 that nearly one billion of the world's population, over 25% at that time, had hypertension and this is expected to increase to almost 30% by the year 2025².

The inclusive occurrence of hypertension in region is estimated to be 30%, ranging from 16% at the age of 30 years to 44% at the age of 60³. Fast development and migration from rural to urban area is the most probable cause of the increase in the issue⁴. Salt intake is a documented threatening cause for hypertension. Therefore, the World Health Organization has reinforced interferences to reduction in salt intake to decrease the prevalence of hypertension in the region⁵.

Hypertension is measured to be a silent killer since often there are no understandable symptoms but long-term, hypertension significantly increases the risk of coronary heart disease and cerebrovascular diseases. Those with detected hypertension or at high risk of its development, should start blood pressure lowering therapy based

on natural methods including: lifestyle, regular physical activity, respiratory training, reducing body mass, lowering sodium intake with food, potassium supplementation, balanced diet enriched with herbs, reducing caffeine and alcohol consumption, smoking termination, stress evasion and regular monitoring of the blood pressure. This review focuses on several most common methods of natural blood pressure lowering since it is not possible to reflect all of them⁶. It has an important effect on the quality and quantity of life in its role as a risk factor for atherosclerosis, which is concerned in one third of all deaths between the ages of 35 and 65 adequate management is accessible⁷.

Because of low literacy rate, there is little health seeking behavior of people. Mostly they do self-medication or go to hakims or faith healers. This is mostly practiced by young people. Therefore there is no early diagnosis of hypertension among these young people. This study will help in determining early diagnosis of hypertension among them. This study will also definitely give us an insight of the exact situation regarding hypertension.

METHODOLOGY

This descriptive Cross Sectional study was conducted during the period of June 2016- July 2016 in Medical OPD of district headquarter teaching hospital Sargodha. This was descriptive cross-sectional study conducted in 18 to 45 years age population of

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both gender attending medical OPD of district headquarter teaching hospital Sargodha; using convenient sampling technique. Data was collected on self-structured questionnaire after due permission, blood pressure observations and interviews of concerned personnel was the basis. All Participants of both gender between age of 18-45 years attending medical OPD of hospital for any reason were included in the study. While critically ill patients of having history of high blood pressure, participants of steroids, women on contraception were excluded from the study.

Study population: All participant among 18-45 years of age coming in medical outdoor patient department of hospital.

Sample size: It was calculated by using single proportion formula. At 35% prevalence rate, sample size was as by using formula=100

Sampling technique: It was convenient sampling (non-probability type).

Data collection: A self - Structured questionnaire was used to collect data from the participants. Same Stethoscope and BP apparatus (Standard Mercurial Sphygmomanometer) was used for measurements of blood pressure of participants in sitting position by researcher himself to avoid bias.

Data analysis: Statistics were noted and analyzed statistically using descriptive statistics. Data was analyzed by using SPSS ver20 by computer.

RESULTS

Hundred individuals of both genders were involved in the survey. The mean age was 35.5 ± 15.6 years and 55% were females. The prevalence of hypertension was 37%. Ageing, illiteracy, low educational level, diabetes mellitus and overweight were established to be threat aspects for this menace.

Table 1: Statistics of Hypertension by age

Age (yrs)	18-29	30-39	40-45
Hypertension	07	13	17
No hypertension	18	37	08

DISCUSSION

The existing study exposed hypertension prevalence 37% in given area. This is nearly two-fold surge in the occurrence of hypertension in urban communities compared to the pervasiveness of 18.2% found in the year 2002⁸. Furthermore studies, showed entire popularity of high blood pressure was 45.4%⁹.

Such statistics of carried out survey might ascribed because of overweight, urbanization, diabetes, and perhaps some other aspects including genetic factors. Many studies showed that diabetes emerged as a strikingly common correlate to hypertension¹⁰.

CONCLUSION

It is a need to carry out related surveys in other areas of the country to catch the meticulous encumbrance of disease. Further prominently, it is also essential to catch advanced clarifications to fight the issue in terms of its detection and management.

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