Control and monitoring of patients with hypertension in the community of the National University of Santiago del Estero, Argentina

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Purpose: The aim of this work was to obtain further information regarding patients with high blood pressure, and see how the presence of some risk factors for cardiovascular disease, impact on the blood pressure values of those hypertensive patients at the National University Community Santiago del Estero.

Objectives: General: Perform the control and monitoring of the hypertensive population and investigate the presence of some risk factors for cardiovascular disease.

Specific: +) Describe the hypertensive population of the university community of the National University of Santiago del Estero.
+) Demonstrate the presence of some risk factors for cardiovascular disease, such as obesity, sedentary lifestyle, smoking, impacts on blood pressure values in the hypertensive population of the university community of the National University of Santiago del Estero.

Development: This is a quantitative, descriptive and transversal work, which began in the month of December 2008, registering tension blood pressure and control of risk factors and changes in the Primary Care Unit of health. The variables studied were age, sex, obesity, sedentary lifestyle, smoking. At baseline they were suggested to patients who undertake walks at least 30 minutes a day, to continue with low-salt diet and hipolipidic.

Result: The total number of consultations was 4286, 1 time per month for the five years of the study. 4286 controls blood pressure and weight were recorded, and were questioned about smoking and physical activity. The average blood pressure values at baseline was 150/90 mmHg, the end was 135/80 mm Hg in 40% of hypertensive patients.

According to age: 20-29: 06, from 30-39: 22, from 40-49: 07, from 50-59: 11, 60- 69: 18, from 70-79: 01, of 80-89 01, with a total of 66 hypertensive, these figures were at baseline. They ended 62 patients, 2 men retired, died 2 men. According to sex: Men: 41, 62.12% of the total population. Women: 25, 37.87% of the total population. Number of obese: 57, representing 86.36% of the sample at baseline. At the end of 26 reduced weight, physical activity by scheduled and low-sodium diet and hipolipidic. Number of sedentary 66, which represents 100% of the total sample, at baseline, at the end of 26 performed physical activities scheduled. Number of smokers: 18, representing 27.27% of the total sample, at baseline. They finished 17th, one died, just 2 aimed to reduce the number of daily cigarettes.

It was recorded that 01 Cardiometabolic Syndrome patient suffers. Are 04 patients with type 2 diabetes A patient suffering from hyperthyroidism, 01 patients presented acute myocardial infarction with subsequent stenting and pacemaker 01 suffer from osteoarthritis and osteoporosis. Only 40% of hypertensive patients comply with treatment usually.

Conclusions: I was able to show that when hypertensive patients are physically active and lose weight, is achieved reducing blood pressure. Smoking is a habit toxic indicating considerable psychological dependence for the sufferer, so patients are suggested psychological consultations and controls to help overcome this addiction.

Biography

Roberto Antonio Flores has been graduated from National University of Tucuman, Argentina as Medical Doctor, with the specialties including Internal Medicine, Social and Community Medicine and Diploma in Cardiology from the National University of Tucuman and Medical Clinic National Academy of Medicine Argentina. Later on he obtained his post-graduation from National University of Guay with subjects Pharmacology & Biology and then started working at The Nurses School, Faculty of Humanities, Social Sciences and Health, National University of Santiago del Estero, Argentina where he has continued his research. Presently he has been working at the Regional Hospital Dr. Ramon Carrillo, Santiago del Estero City. He has got eminent memberships in many Scientific Societies including Internal Medicine and Cardiology at the Society of Santiago del Estero, Argentina, Membership of Argentina Federation of Cardiology, Membership of Hypertension Committee of Argentina Federation of Cardiology, Membership of Inter American Society of Cardiology and Board of Epidemiology of Inter American Society of Cardiology.

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