

# 3<sup>rd</sup> International Conference on **Epidemiology & Public Health**

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## **Prevalence of the cardio-vascular diseases in Vlore hospital during 2009-2011, screening and prevention**

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Cardio-vascular diseases are the main cause for the mortality in Europe. Nevertheless, these diseases are totally preventable. WHO estimates that a modest reduction in the blood pressure numbers, obesity, cholesterol values and smoking in all the populations, can reduce these diseases by half.

**Aim:** To recognize the risk factors and the prevalence of these diseases in the population of Vlore district in order to implement preventive measurements in the primary health care services of the community.

**Results:** This descriptive study is conducted based on the data from the main registers of the hospital medical records office and describes the number of patients hospitalized with CVD, distributing them by age group, gender and place of living. The diseases of the circulatory system are distributed: 7.9% of the yearly hospitalizations are in 2009, 9.3% in 2010, 9.7% in 2011. The most frequent diseases are: HTA, chronic MI- ischemic, cardiomyopathies, and CVA. According to the demographic distribution the cases with CVD are seen mostly in the city. Their frequency increases with age, males suffer more than females. According to the age group 45-54 year olds are 16%, 55-64 are 23%, and over 65 are 55% of all the cases with CVD.

**Recommendation:** Screening and evaluation of the individual risk factors by using the SCORE system in primary health care services.

### **Biography**

Juljana Xhindoli has completed her master in science of nursing at the University of Vlore. She graduated in nursing program in 2001, and since then she followed post University course for a year for "Managing of the health services for the practical students from the school of "Haute école de Sante" Genève. She works as a lecturer at the University of Vlora in the Mother and Baby Care Department. She is the president of Nursing Order for Vlora district since 2009. She has been a head nurse in the neonates unit in Vlora hospital. She worked as part time lecturer in Vlora University and was a trainer for World Vision Albania. She has published more than 25 papers in journals and serving as an Editorial Board Member in Journal of Nursing in Albania.

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