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The comparison of three methods in hypertension management: Normal variations in blood pressure in ambulatory blood pressure measurements

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Statement of the Problem: Hypertension is very common in primary care patients. The diagnosis of hypertension is made by office measurements and home blood pressure measurements. The aim of this study was to define the normal variation levels of blood pressure in individuals in primary care by using ambulatory blood pressure measurement.

Methodology & Theoretical Orientation: This study was performed in primary care. Individuals who had no hypertension history were included in the study. Subjects were evaluated by using three office measurements, seven days home blood pressure measurements and 24 hours ambulatory blood pressure measurement. The ambulatory blood pressure gave us the variations in blood pressure values. This study was funded by the Scientific Research Council of Erciyes University (ERUBAP, Project No. TTU-2017-7092)

Findings: The study started in January 2018 and ended in May 2018. Of the 38 subjects, 71.1% were women and 28.9% were men. The mean age was 40.51. The most common educational level was elementary school graduates (35.1%). The most common occupation was housewives with 52.6%. Of the participants, 84.2% were married. At ambulatory blood pressure measurements, 37.0% of the subjects had mean systolic blood pressures (24 hours) between 120-129 mmHg. Of the diastolic blood pressure 24 hours mean values, 15.3% had values between 80-89, where 50.0% were between the 71-79 mmHg groups. The mean value of twenty four hours variation in systolic blood pressure was 15.75±18.59 (median 11.40, min. 8.80, max. 106.00). The 24 hours variation in the mean values of diastolic blood pressures was 12.12±10.90 (median 9.70, min. 6.80, max. 64.00).

Conclusion & Significance: The results of this study demonstrated us that many individuals are in high risk group for hypertension according to some recent guidelines on the management of hypertension.

Biography

Selcuk Mistik was born in Tarsus, Turkey in 1967. He has graduated from Tarsus American College. He became a medical doctor after finishing Hacettepe University Medical School in 1994. He completed his residency in family medicine with the thesis 'Assessment of nutritional status and its effects on morbidity and mortality in hemodialysis patients' at Ankara Numune Training and Research Hospital in 1999. He started working at Erciyes University Medical Faculty in 2001, and was appointed as a full professor of family medicine in 2011. He has many studies published in international journals on various subjects concerning family medicine. He still works on university funded research projects. He has been the member of many scientific societies. He is the head of Department of Family Medicine in Erciyes University Medical Faculty.

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