Survey report of Prevalence of Hypertension in a Rural community

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Abstract
Hypertension is a global public health problem with increasing prevalence. There is limited updated information on the prevalence of hypertension in the given population. Survey based on data collected during health screening camps held at given locations in Nashik. A total of 369 patients were included in this study.

Keywords
Hypertension, awareness, Prevalence

Introduction

High blood pressure (BP) is ranked as the third most important risk factor for attributable burden of disease in south Asia (2010) [1]. Hypertension (HTN) exerts a substantial public health burden on cardiovascular health status and healthcare systems in India [2,3]. HTN is directly responsible for 57% of all stroke deaths and 24% of all coronary heart disease (CHD) deaths in India [4] Hypertension is a major risk factor for a number of serious health conditions, including cardiovascular disease [5], cerebrovascular disease [6], and chronic kidney disease [7].This study aims to provide updated data on the prevalence, awareness, treatment, and control of hypertension based on data collected during these health screening camps.

AIM: To study the prevalence and common risk factors of hypertension in given community.

DATE: 29/03/2023

PLACE: Hanuman Nagar, Dhruv Nagar, Shivaji Nagar Nashik

METHODOLOGY:

1. Screening of people was carried out under DHCS by survey method with the help of Google form.
2. Students of 4th BHMS in groups of 3 students were dispersed in DHCS selected area to interrogate with the people and their family members.
3. Initially the program was explained to each individual, consent was obtained.
4. Blood pressure measurements were performed using a mercury sphygmomanometer for patients seated for 5 min with the arm positioned at heart level. Pressures were measured using manual auscultatory technique with the appropriate sized cuff for each patient. Blood pressure was checked thrice in standing, sitting and lying down position.
5. People were advised about risk factors of Hypertension and related cardiovascular diseases.
6. People under risk groups were advised to undergo regular monitoring of blood pressure ,regular exercise and maintenance of proper diet and regimen prevent risk of hypertensive cardiovascular co morbidity prevent.

ACTIVITIES:

1. Initially Interrogation of targeted population above 40 years of age and individuals with risk factors of hypertension was done.
2. Overall general examination of population was done.
3. Blood pressure measurement of each individual during survey was done.
4. Dietary advice was given to the population with hypertension or individuals having the risk of hypertension

CONCLUSION:

1. In a screening of the community in area total 369 responses were obtained.

2 .Among the community 61.51% were female and 38.48% were male.[Diagram 1]

3. Among patients with hypertension, 85.1% were aware of having high blood pressure; 80.2% of the patients were checked their pressure regularly among these patients, 81.8% patients were having information about hypertension, 77.5% were already on treatment for hypertension.

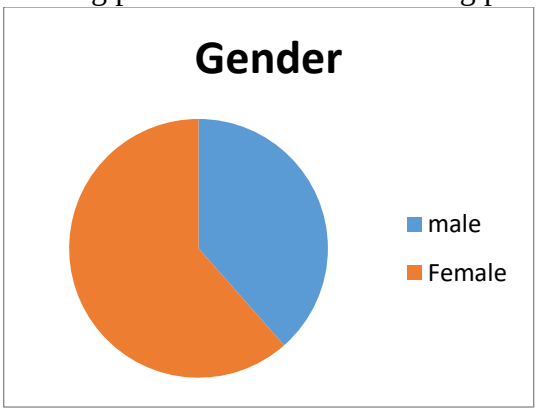
4. Risk Factor identified during survey: Total 369 responses were with habits ofalcohol (3.3%), tobacco (9.2%),Cigarette (0.8%) Obesity (7.1%) Diabetes mellitus(7.1%) family history(8.3%) others(64.2%) and [Diagram 2]

5. Among all patients 48 patients(14%) had performed blood investigation for cholesterol [Diagram 3]

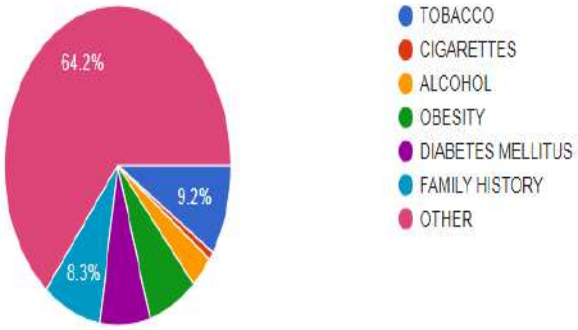
6.206 patients(55.8%) were aware of homoeopathic treatment for Hypertension [diagram 4]

7. Blood pressure was controlled in 22.5% of all patients with hypertension.

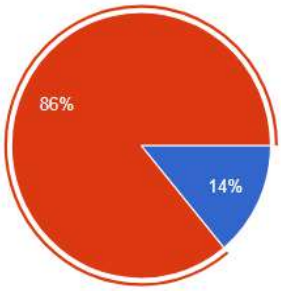
8. Among all patients total percentile of Hypertensive patients in lying down position is 8.4%,in standing position 8.13%and in sitting position 7.58%.



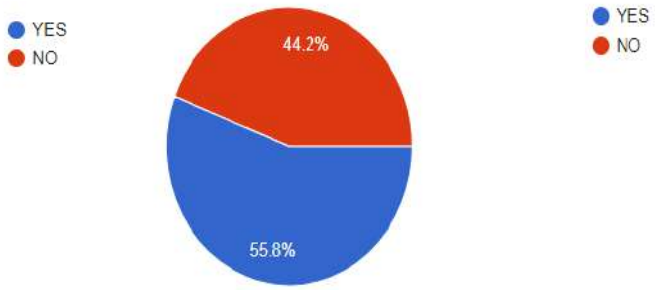
1. Male : Female



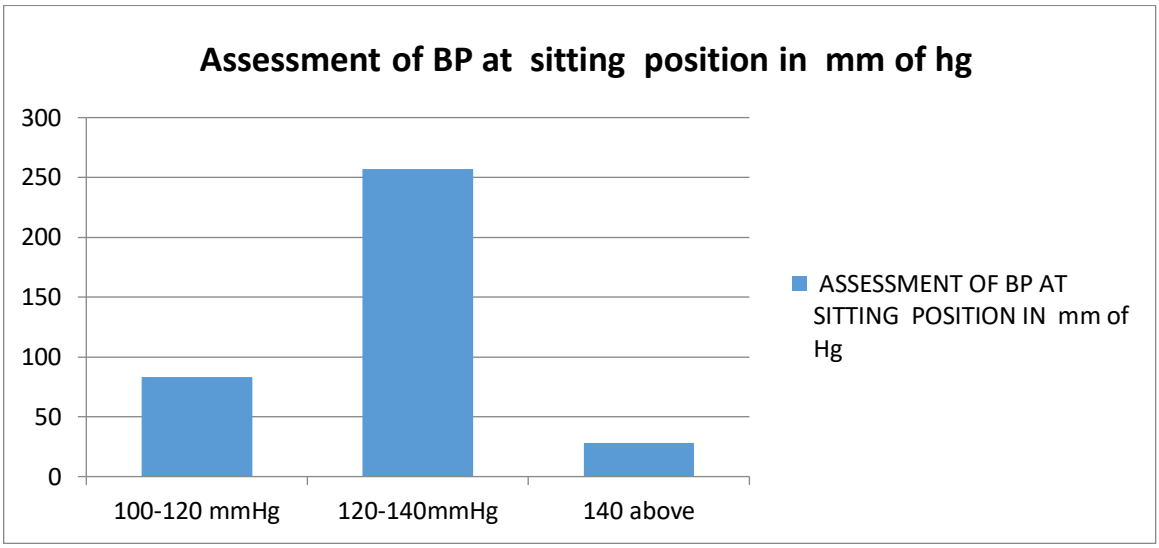
2.Risk Factors of Hypertension



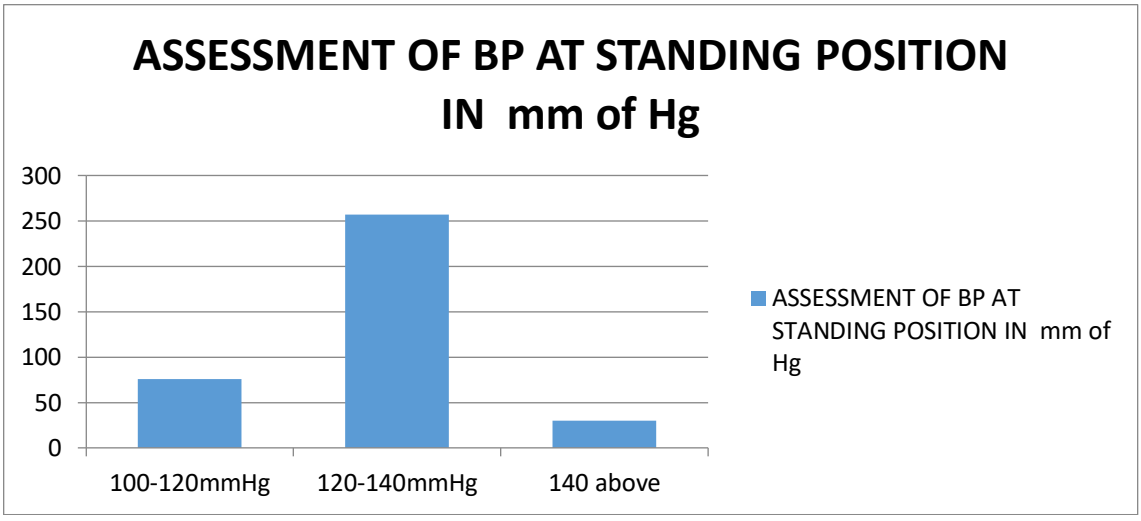
3.Investigation of cholesterol



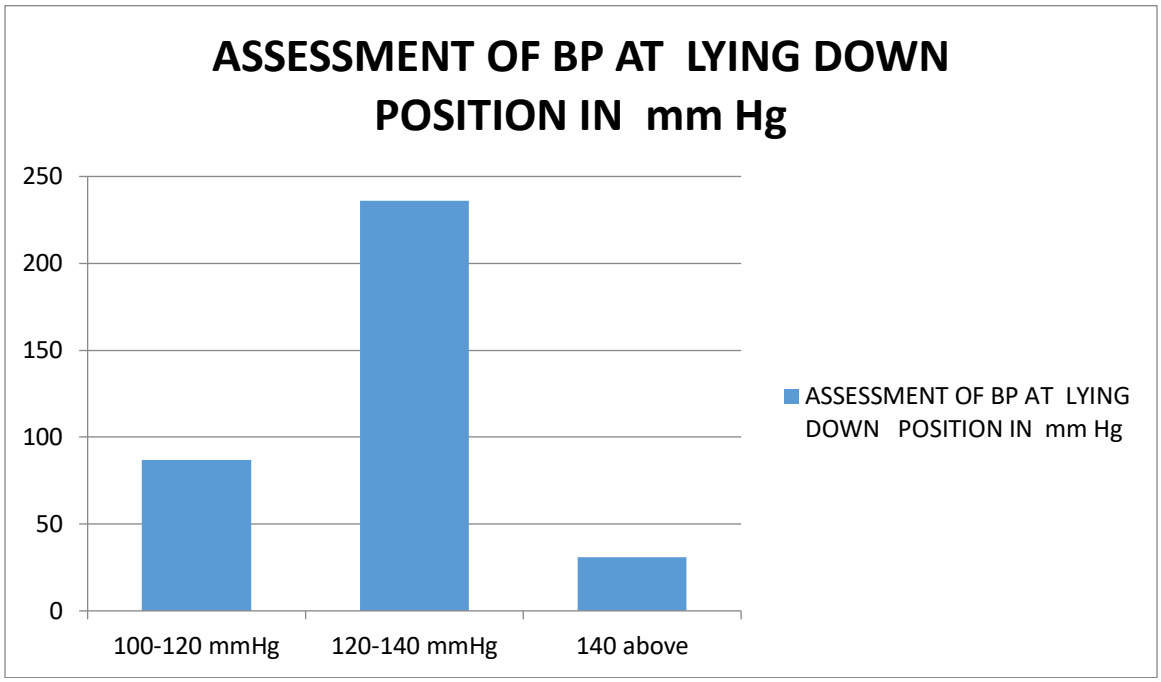
4. Homoeopathic treatment for Hypertension



5. Assessment of Blood pressure in sitting position



6. Assessment of BP at Standing Position



7. Assessment of Blood Pressure at lying down position

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Geotagged Photographs of Survey