A PROSPECTIVE STUDY – AWARENESS AMONG HYPERTENSIVE PATIENTS

INTRODUCTION
Systemic hypertension is the commonest noncommunicable disease, and public awareness about hypertension and its determinants is poor. This study aims to assess the knowledge and level of awareness of the disease among hypertensive patients attending the medical outpatient clinic of Govt. Theni Medical College hospital, Theni, Tamilnadu, India.

Material And Methods
50 out patients attending medical outpatient clinic at GTMCH during the period from December 2016 to February 2017 were randomly selected and provided the questionnaire and their knowledge regarding hypertension was assessed after getting consent from the patient.

Results
Incidence of patients know the definition of hypertension is about 66%. 82% of patients aware about salt restriction in diet will help in reducing the blood pressure. About 42% percentage of patients checking their blood pressure once in a month. About 20% percentage of patients experience or aware about hypotension following intake of antihypertensives. About 42% percentage of hypertensive patients knows about that if they have swelling of feet, legs and reduced urine output should check their BP and to have consultation and should help in further evaluation. The percentage of patients know that they have swelling of feet, legs and reduced urine output should check their BP and to have consultation and should help in further evaluation.

DISCUSSION
Hypertension is recognized as a silent killer, as it damages the target organs on a continuous and progressive basis until symptoms are manifested. Our study focus mainly the awareness regarding hypertension, its complications such as target organ damage, preventive aspects like lifestyle modifications. Asymptomatic hypertension also to be identified and treated via proper health education, lifestyle modifications and medications.

Patients aware that excess salt will increase the BP, but after avoiding salt in rice and recepies they are taking excess salt in the form of pickle, dried fish, fast foods, tanned foods which contain excess salt.

Avoiding excessive salt, wt loss, maintaining healthy body, avoiding excessive alcohol to quit smoking, regular physical exercise, eat healthy diet these are the lifestyle modifications needs to be followed by everyone and have to educate family members in a right way is important.

Symptomatic or asymptomatic hypotension following treatment of hypertension is observed very minimal level in our study says that still more ways to be identified to treat hypertension.
Morbidity and Mortality due to chronic kidney disease are increasing and overwhelming. Hypertension is one of the leading causes for CKD, so control of hypertension will reduce the burden due to CKD. Giving adequate knowledge in identification of CKD at early stages by symptom analysis, urine microalbumin assessment and relevant investigations also help in reducing morbidity related to SHT and CKD. Drug-induced nephropathy to be educated to patients.

By providing adequate knowledge of cardiovascular, cerebrovascular complications, retinopathy related symptoms due to hypertension helps in morbidity reduction. Complications such as atrial fibrillation, ischemic heart disease, ischemic as well as hemorrhagic stroke, peripheral vascular disease and hypertensive retinopathy related symptoms to be educated to hypertensive patients and needs to be addressed earlier and to be treated at appropriate time.

CONCLUSION
Health education has to be given to patients and family members regarding awareness, symptoms, complications, healthy life style modifications and preventive aspects of systemic hypertension.

REFERENCES