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The analyses of the hypertension reasons that are required for admission to the emergency department

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Hypertension is a chronic disease that will continue long life which requires change of nutritional behavior and life style. In this study, we aimed to investigate the hypertension reasons that are required for admission to the emergency department. Medical records of 53 patients who were admitted to the Emergency Department of a University Hospital for hypertension crisis in 2014 were reviewed, prospectively. The data collection form was developed according to literature findings and expert opinion. Most of the patients were women (64%), low education level (64%) and unemployed (80%). 18% of the patients were smokers. The rate of family history of hypertension was 70%. The rate of recurrent admission for hypertension crisis was 63%. The rate of determination of urgency was 60%. We found that 57% of the patients have used drugs regularly. Emotional stress (60%) and patients who had no diet (66%) were the most common reasons for admission. Only 7.5% of the patients have done regular exercise. In conclusion, we found that the most common reasons for admission to the emergency department were emotional stress and patients who had no diet. The patient should be educated for their life style and the control of hypertension before admission to the emergency department.

Biography

Oznur Kavakli is a PhD student from Gülhane Military Medical Academy. She is a major nurse in Turkish Army. She is interested in emergency nursing and had an education for emergency nursing at University of North Carolina in 2013.

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