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Effect of a community based nurse led program on management of hypertension among geriatric population in an urban community of Delhi



Shashi Mawar

AllMS, India

co-authors: **Koul Pity, Prakash Ratna and Rai Sanjay**
AllMS, India

Introduction: Hypertension exerts a substantial public health burden on cardiovascular health status and health care system in India. It has been estimated that among adults >50 years of age, the lifetime risk of developing hypertension approaches 90%. BP is frequently underdiagnosed and undertreated among elderly therefore a community based screening followed by a nurse led BP control program was taken up.

Methods: A cross sectional survey to assess the prevalence of hypertension among 1386 elderly. Quasi experimental design to assess the effectiveness of nurse led program on management of hypertension. Purposive sampling adopted to enrol 378 HT patients. Study group and control group were divided on the basis of blocks.

Community based nurse led program is a holistic program covering life style modification, stress management, dietary modification, physical activity and medication adherence.

Results: Overall prevalence of HT was 34.6% with 31% among males and 36% among females. Mean age was 64.5. Both groups were homogenous in respect to all risk factors at baseline. There was a significant difference in SBP at 6 months $P=0.04$ (95%CI: 0.04-4.01) and 1 year $P<0.001$ (95%CI: 2.4-5.9) among study group subjects. Mean BP reduced by 6 mmHg at the end of one year among study group. Significant difference in total cholesterol, TGL and VLDL levels was also found. Mean reduction of 13.1 in total cholesterol among study group $P=0.003$ (95%CI: 2.3-11.6)

Conclusion: Community based nurse led program is effective in managing BP.

Biography

Shashi Mawar has an experience of 18 years in various positions in the field of medicine. Presently she is a lecturer at the College of Nursing, AllMS, New Delhi. She is a lifetime member of Trained Nurses Association of India, Nursing Research Society of India, Indian Association of Neonatal Nurses and Indian Association of Preventive and Social medicine. She has participated as a coordinator, panelist and resource person at various National and International forums. She has authored several papers in both national and international publications.

jigyasababy@gmail.com

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