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Efficiency of the hypertension line of care for the reduction of cardiovascular risk



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The line of care (LC) is defined as a set of knowledge and resources those are needed to cope with specific conditions in the life cycle. The hypertension has a specific LC, named HLC and the great challenge consists on the reduction of the cardiovascular risk classification of the patients. This study was done to demonstrate the efficiency of the HLC. A cross-sectional descriptive study was performed in a Brazilian basic health care unit. The data were collected between January and October of 2017. The sample was composed of 28 users those were hypertension carriers, having an inclusion criteria for the registration in the HLC in January 2017 and has a 'very high additional risk' classification on the occasion of its inclusion in the HLC. The results showed a progressive decrease in cardiovascular risk. There was a reduction of 82.15% (N=23) of the 'very high additional risk' ratings. It is inferred that the reduction was not greater due to the risks that could not be controlled or excluded from the classification metrics like prior cardiovascular events and acute myocardial infarction. These users were downgraded to high risk 53.57% (N=15) and moderated risk 28.57% (N=8). It is observed a greater adhesion of the patients to the medical and nursing consultations, educational group of the HLC and to the Singular Therapeutic Project. It is concluded that the HLC is effective in reducing the very high cardiovascular additional risk classification of the follow-up users, contributing significantly to the reduction of morbimortality in hypertension users.

Biography

Tânia Maria Cosmos de Oliveira is a nurse, graduated by UNG (2013), and had her Public Health Specialization with a focus on the National Strategy for Family Health by UNINOVE(2014). She works as Technical Manager at the primary health care unit Jardim Julieta. This unit is integrated in the Vila Maria Vila Guilherme microregion (2014), coordinated by the OSH SPDM.

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Presenter Biography

Laura Azevedo is a Brazilian infectious diseases physician, completed her MSc of Public Health in Developing Countries at LSHTM and has recently started a PhD of economic evaluation of health interventions at University of São Paulo. She works as medical coordinator in an emergency care unit and as data analysis supporter for the regional health care network. There, she works for SPDM, a health organization responsible for the management of all health care units of this district in the outskirts of the biggest city in Brazil - São Paulo.

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