

To Study the Patient Compliance and the Impact of Various Non-Pharmacological Interventions in the Management of Hypertension

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Background

Hypertension is a silent killer. It is the most prevalent non-communicable disease in India. Prevention is possible and treatment can lead to direct reduction in the incidence of complications including stroke, coronary heart disease, and heart and kidney failure. Studies have demonstrated that multiple lifestyle changes lower blood pressure thereby controlling hypertension but the established evidences in India are inadequate. While antihypertensive agents have been used for those patients with blood pressure above the traditional cut-off, there has been increasing emphasis on the prevention and treatment of hypertension by non-pharmacological means, termed 'lifestyle modifications'. The various advantages are reinforcement of pharmacological treatment, makes over economic constraints and reduces the risk of hypertension in pre hypertensive's. These include-weight reduction, decreased salt intake, exercise and yoga, high potassium diet, decreased stress, reduced alcohol consumption, fibres intake, calcium intake and carbohydrate diet moderation.

Aims & Objectives

To study the compliance and impact of non pharmacological interventions in the management of Hypertension.

Material & Methods

An interventional study was done in 50 subjects in

the Department of Medicine at Lok Nayak Hospital. Hypertensive patients with BP more than 140/90, age 35 and above and with minimum understanding of the language to be able to fill information's were included. Various patient variables were studied as weight of the patient, average salt intake measured as high, moderate and low, alcohol consumption, stress conditions. The patients were motivated to incorporate certain lifestyle modifications. On a follow up visit, patients were asked to fill the same Performa and a comparison was made to study the compliance. This practice of filling the Performa twice would help in indirectly assessing the compliance as an extent of adopting the modifications. The impact of these interventions were studied as changes in certain variables before and after intervention like Blood pressure and Weight. Wherever possible, simple descriptive statistics were calculated. Non parametric test as Mann Whitney was employed to compare the sub groups of people .

Results

A significant compliance was observed among the patients for various interventions like indulging in weight reduction exercises, limiting salt intake, increasing dietary potassium, inculcating some form of stress reduction activity and limiting carbohydrates in the diet. A significant correlation was found between reduction in BP and limiting salt intake, increasing dietary potassium in the diet, increase in fibre intake and an increase in knowledge towards adapting these interventions. ($p < 0.05$).