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Role of clinical pharmacist in development of innovative strategies for effective management of hypertension: A community based study

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Hypertension is a global public health issue and contributes to the burden of heart disease, stroke, kidney failure and premature mortality and disability. Hypertension rarely causes symptoms in the early stages and many people go undiagnosed. Treatment of hypertension lowers cardiovascular morbidity and mortality, but studies have shown that only 29% of patients with hypertension have adequately controlled blood pressure as recommended by the Joint National Committee on the Prevention, Detection, Evaluation and Treatment of High Blood Pressure (JNC-VII). A prospective, interventional study was carried out for a period of 6 months with the aim of prevention and better management of hypertension through patient education. In this study, out of 253 participants, 78 (30.83%) were hypertensive, 88 (34.78%) pre-hypertensive and 87 (34.38%) normotensive. The incidence and prevalence of pre-hypertension and hypertension was found to be 88 (34.78%) and 76 (30.04%) respectively. Incidence and prevalence of pre-hypertension and hypertension was found to be higher in age group of 40-59 years and age group more than 60 years respectively, hence effective patient education during early and middle age can effectively reduce the burden of hypertension in community. Our study has proved that patient education was effective in age group of 18-60years ($P < 0.05$), but it was ineffective in age group of more than 60years ($p > 0.05$), due to various factors like comorbidities, poly-pharmacy and memory related illnesses.

Biography

Sohel Memon is doing 6th year (Internship) in Doctor of pharmacy from Rajiv Gandhi University of Health Sciences, Bangalore. He has won second prize for poster presentation on "Role of Erythropoietin in anemic patient in chronic renal failure patient on dialysis" at National conference at NET College of Pharmacy, Raichure. He is working on various projects for better role and understanding of Clinical Pharmacist in community.

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