

# Hipertenzija – javno zdravstveni problem u Rasinskom okrugu

## Hypertension – public health problem in the Rasina district

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### Apstrakt

*Uvod:* Kardiovaskularne bolesti najčešći su uzrok smrti kod muškaraca i žena u Europi te predstavljaju bitan javno-zdravstveni problem u celom svetu. U manje razvijenim zemljama smrtnost je u porastu i presteže smrtnost od infektivnih bolesti. Značajno je da je u nekim razvijenim zemljama došlo do znatnog smanjenja kardiovaskularnog mortaliteta, što pokazuje da se odgovarajućim programima prevencije može uticati na kardiovaskularni morbiditet i mortalitet.

Arterijska hipertenzija se jedna od najčešćih bolesti današnjice. Smatra se da jedna trećina odrasle populacije ima pritisak koji bi se morao lečiti, a ovaj procenat se menja po regijama u zavisnosti od načina ishrane, fizičke aktivnosti i životne dobi. Visok krvni pritisak je najčešći faktor rizika za nastanak kardiovaskularnih bolesti. Rizik za infarkt srca, moždani udar i oboljenja bubrega raste kod osoba sa povišenim pritiskom - viši pritisak veći rizik, naročito kada su i drugi faktori rizika prisutni. Skrining za hipertenziju se sprovodi jedanput u dve godine ukoliko je krvni pritisak normalan, sistolni <120 mmHg i dijastolni <80 mmHg. Osobe koje pripadaju visokorizičnim grupama treba češće pregledati.

### Cilj rada:

- Utvrditi učestalost hipertenzije kod pacijenata u Rasinskom okrugu,
- Utvrditi informisanost pacijenata o faktorima rizika za nastanak i razvoj hipertenzije u Rasinskom okrugu,
- Utvrditi informisanost pacijenata o merama prevencije hipertenzije u Rasinskom okrugu,
- Utvrditi koliki je javnozdravstveni problem hipertenzija u Rasinskom okrugu

*Metodologija istraživanja:* Vrsta studije po tipu studije preseka. Vreme i mesto istraživanja: Istraživanje sprovedeno u Domu zdravlja u Kruševcu od 01.04.2018. do 13.11.2018. godine.

Uzorak: 300 pacijenata

Populacija: Pacijenti sa dijagnozom I 10 - Hipertenzija

*Diskusija:* Na osnovu dobijenih rezultata nakon urađene ankete, može se videti da veći deo ispitanika koristi lekove za regulisanje povišenog krvnog pritiska. Najveći broj ispitanika pripada grupi sa povišenom telesnom masom. Kada je u pitanju informisanost o faktorima rizika naši ispitanici su uglavnom informisani i veći broj ispitanika zna na koji način se mogu promeniti loše životne navike

### Abstract

*Introduction:* Cardiovascular diseases are the most common cause of death in men and women in Europe and represent a significant public health problem worldwide. In less developed countries, mortality is on the rise and the level is getting higher than the level of mortality from infectious diseases. Significantly, there has been a significant reduction in cardiovascular mortality in some developed countries, indicating that appropriate prevention programs can affect cardiovascular morbidity and mortality.

Arterial hypertension is one of the most common diseases today. It is estimated that one-third of the adult population has a pressure that should be treated, and this percentage varies by region depending on diet, physical activity, and age. High blood pressure is the most common risk factor for cardiovascular disease. The risk of heart attack, stroke, and kidney disease increases in people with high blood pressure - higher blood pressure is a higher risk, especially when other risk factors are present. Screening for hypertension is performed once every two years if blood pressure is normal, systolic <120 mmHg, and diastolic <80 mmHg. People belonging to high-risk groups should be examined more often.

### Aims:

- To determine the frequency of hypertension in patients in Rasina district,
- To determine the information of patients about risk factors for the occurrence and development of hypertension in Rasina district,
- To determine the information of patients about measures to prevent hypertension in the Rasina district,
- To determine the extent of the public health problem of hypertension in the Rasina district

*Methodology:* Type of study by type of cross-sectional study.

Time and place of the research: The research was conducted in the Health Center in Kruševac from the 1st of April to the 13th of 2018.

Sample: 300 patients

Population: Patients diagnosed with I 10 - Hypertension

*Discussion:* Based on the results obtained after the survey, it can be seen that the majority of respondents use medicines to regulate high blood pressure. The largest number of respondents belong to the group with increased body weight. When it comes to information about risk factors, our respondents are mostly informed and a larger number of respondents know how bad life habits can be changed.

*Zaključci:*

- Hipertenzija je bolest savremenog doba i u velikom procentu je zastupljena i kod mlade i kod starije populacije,
- Veći broj ispitanika ima prekomernu telesnu masu,
- Polovina ispitanika smatra da gojaznost utiče na pojavu hipertenzije,
- Veliki broj ispitanika puši cigarete,
- Veći broj ispitanika smatra da stres i fizička neaktivnost može uticati na pojavu hipertenzije,
- Ispitanici uglavnom smatraju da su dovoljno informisani o prevenciji pojave hipertenzije i da se pridržavaju dobijenih saveta,
- Ispitanici poseduju nedovoljno znanje o svojoj bolesti, što se naročito odnosi na faktore rizika i mogućnost nemedikamentnog snižavanja krvnog pritiska modifikacijom ovih promenljivih faktora, pravilnu ishranu, redovnost uzimanja antihipertenziva i ciljeve lečenja povišenog krvnog pritiska. Moramo raditi više na edukaciji stanovništva o zdravim stilovima života i potencirati zdravu ishranu kao osnov za zdrav i dugovečan život.

*Conclusions:*

- Hypertension is a disease of modern life and is present in a high percentage in both young and older populations,
- A larger number of respondents are overweight,
- Half of the respondents believe that obesity affects the occurrence of hypertension,
- A large number of respondents smoke cigarettes,
- A large number of respondents believe that stress and physical inactivity can affect the occurrence of hypertension,
- Respondents generally believe that they are sufficiently informed about the prevention of hypertension and follow the advice received,
- Subjects have insufficient knowledge about their disease, which especially refers to risk factors and the possibility of non-drug lowering of blood pressure by modifying these variable factors, proper diet, the regularity of taking antihypertensives, and goals of treatment of high blood pressure. We need to work more on educating the population about healthy lifestyles and emphasizing a healthy diet as a basis for a healthy and long life.