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Role assessment and nutritional and therapeutic education in Hypertensive patients

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Background and Purpose: According to WHO, 63% of global deaths in 2008 were due to chronic non communicable diseases (NCDs) including cardiovascular diseases. A US Global Burden Diseases Association projects in its studies that 6.4 million deaths in 2020 will be attributable to cardiovascular disease in the 30-69 age group. High blood pressure remains a widespread cardiovascular risk factor. Its prevention and treatment through nutritional and therapeutic education should be a priority by enabling patients to acquire knowledge and conduct in relation to the management of the disease.

Methods: The study period was from June to December 2017. This is a prospective and analytical study of 120 hypertensive patients admitted within the period in two national referral hospitals. Information collected on a questionnaire; a descriptive analysis (uni and bivaried) served as analysis methods.

Results: 89, 2% of patients were over 40 years; 67.4% patients were overweight and obese, 95% were subject to permanent stress due to family (37.7%), work (36.8%), poverty (15.8%), illness (9.6%). 63.3% knew required diet; salt avoidance (61%), importance of fruits and vegetables (35.7%). In practice,

consumption of fruits (21.7%), vegetables (85.8%), cereals (90.8%) and fish (15.8%) was reported. However, patients still use salt (36.7%), fatty foods (94.2%), Alcohol (77.5%), and tobacco (35.8%). Strict adherence to treatment was noticed in only 19.7%. 1.7% patients had a BP daily monitoring at home. 19, 5% used to consult once a week. Brain (57.5%) and heart (50%) were the most affected by complications.

Conclusion: Our study shows the main risk factors of blood pressure, information and practices of patients and recommends the integration of nutritional and therapeutic education to improve the results of the management of patients suffering from arterial hypertension in Burundi.

Speaker Biography

Arlène Akimana has completed her medical studies/MD from University of Ngozi, Burundi in 2018. She has been a first aid worker physician/Red Cross Burundi. She is also an active member of "Community Health of Counts" and "Young Professional Chronic Diseases Network". She has published an article on the role of nutritional and therapeutic education in case of arterial hypertension in Burundi.

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