

RESOURCE AVAILABILITY FOR HYPERTENSION IN PRIMARY HEALTH CARE CENTRES (PHCs) OF MADURAI DISTRICT

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ABSTRACT:

BACKGROUND:

Hypertension is prevalent in rural areas . Hence this study was intended to find out the various resources such as diagnostic facilities , supply and utilization of anti hypertensive agents (AHAs) and health educational materials available to detect and control hypertension at PHCs

METHODS:

Various resources available to detect and control hypertension were collected from seven PHCs of Madurai district in a structured proforma from the respective medical officers and analysed.

RESULTS :

On an average one or two cases of hypertension was diagnosed at PHC outpatient services (O.P. turnover 85 to 272 cases per day) in different PHCs with a male predominance. One day in a week was allotted for these cases in three PHCs , but without any special registers or treatment protocol.

Hypertensive patients are referred to higher centers if observed in children or found in diabetics or associated with target organ system manifestations and if not under control . Available diagnostic facilities in all centers were sphygmomanometer and urine for detecting protein. Two centers also had ECG machines and glucometer .Drugs available always were beta blockers in all, ACE inhibitors and Calcium channel blockers in four each, and diuretics in three. The only health educational material related to hypertension that too in only one center was effect of BP in pregnancy .PHC Doctors were enthusiastic to know more on diagnosis and to have guidelines /CMEs on a protocol for control ,follow up and referral. Their suggestions were to conduct public awareness program and compulsory screening from third decade onwards.

CONCLUSION : In view of the prevalence of hypertension in rural areas and the loads of enthusiasm deep commitment and whole hearted involvement shown by our doctors at the PHCs ,a Hypertension Detection and Control Program (HYDECOP) has been designed.