

PATIENT EDUCATION ABOUT ELEVATED BLOOD PRESSURE IN THE HOSPITAL CARDIOLOGY UNIT

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Blood pressure elevation above normal is one of main modifiable risk factors for coronary artery disease which remains leading cause of death in Lithuania and in other developed countries.

Our aim was to evaluate the information providing to the patients about elevated blood pressure in the Cardiology Unit of the Kaunas 2nd Clinical Hospital and to educate patients about this coronary risk factor and necessity to correct it.

Patients (n = 56) were filling out the questionnaire at discharge in November 2003. The data were analysed and discussed by doctors of the Cardiology Unit and afterwards patients (n = 64) were filling out the questionnaire in December 2003.

Less patients were unaware of their blood pressure (21.4% versus 6.25%, $p = 0.01$) and necessity to correct it (22.7% versus 0%, $p = 0.0001$) in December than in November. Patients showed better knowledge about diet and other efforts to maintain healthy life style.

Patient education about elevated blood pressure by doctors in the Cardiology Unit of the Kaunas 2nd Clinical Hospital was valuable. Patients will be asked to fill out the questionnaire and the data will be discussed by doctors monthly in future as well.

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