

HYPERTENSION AND OBESITY: DATA FROM PATIENT EDUCATION FOR HYPERTENSION PROJECT IN LITHUANIA

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Objective: This study was designed to determine correlation between training of health personnel in methods of patient education in order to improve the effectiveness of hypertensive patient care in accordance to World Health Organization (WHO)/World Hypertension League Patient Education for Hypertension Project (PEP).

Design and Methods: We divided at random patients into two groups: educational (E) and routine (R) group. Staff of both groups and the patients of the E group received special education about hypertension. Different physicians and nurses saw patients from both of the groups in different outpatient clinics. All patients diagnosed as having hypertension qualified for inclusion on the project. Hypertension was defined on the basis of the WHO/International Society of Hypertension Guidelines 1999.

Results: 36 (31,58%) patients of 114 in E group had overweight (BMI 25↔30), 53 patients (46,49%) were obese (BMI 30↔40), 4 (3,51%) very obese (BMI ≥40). 59 (51,75%) patients of 114 in R group had overweight, 34 (29,82%) were obese and 1 (0,88%) very obese. Thus, 57 (50,00%) patients in E group had BMI < 30 and 57 (50,00%) had BMI ≥30, and in R group correspondingly 79 (69,30%) patients had BMI < 30 and 35 (30,70%) patients had BMI ≥30. After 3 years of follow-up statistically significant changes of weight were not noticed in both groups. In E group, mean systolic blood pressure (SBP) was 158,46 among patients with BMI < 30 and 162,26 among those with BMI ≥30, and correspondingly in R group SBP was 147,98 and 150,99. Mean diastolic blood pressure (DBP) in E group was 91,15 among patients with BMI < 30 and 92,23 among those with BMI ≥30, and correspondingly in R group, DBP was 90,30 and 91,16. At the end of the three years study mean SBP was 142,25 and DBP was 87,24 in E group with BMI < 30 and mean SBP was 151,12 and DBP was 89,52 among those with BMI ≥30. At the end of three years study mean SBP was 143,64 and DBP 86,51 in R group with BMI < 30 and mean SBP 145,88 and DBP 88,60 with BMI ≥30.

Conclusions: Higher mean SBP and DBP was observed among patients who were obese in the beginning of the study. After long-term treatment of hypertensive patients better results were noticed among those with BMI < 30 in comparison to those with BMI ≥30. However, it was not statistically significant. Thus, greater blood pressure decrease among those with BMI < 30 could be valued only as a positive trend.