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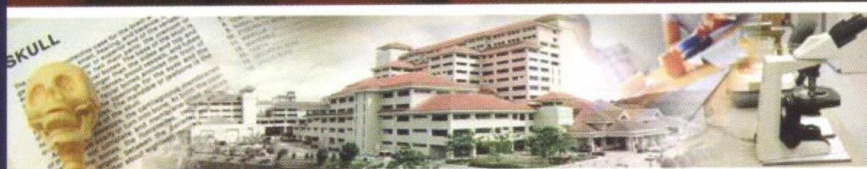


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RE-COUNSELLING ON PROPER EXERCISE AND ANTIHYPERTENSIVE MEDICINE NEEDED TO CONTROL BLOOD PRESSURE THREE YEARS POST QUASI EXPERIMENTAL STUDY

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Background

It is very common that after finishing quasi experimental study, no further observation or evaluation on the study subjects is performed. This study aimed to evaluate three years post counselling on proper exercise and taking antihypertensive medicine on systolic blood pressure (SBP) and diastolic blood pressure (DBP).

Materials and Methods

A follow-up of a quasi-experimentation study was done three years post quasi experimental study (May 2008 - May 2011) among hypertensive subjects of a government bureau in Jakarta who had counselling on proper exercise and taking antihypertensive medicine during which the last three years without any intervention.

Results

In 2008, from 1300 employees, 1063 participated in the survey and 318 among them, 19.1% were pre-hypertensive and 7.6% were hypertensive. Among the 168 subjects that participated in three times monitoring of blood pressure measurements, only 120 subject completed the 2008 study. In 2011 evaluation among 120 subjects, 44 (37.3%) subjects responded to the invitation for blood pressure measurement and brief counselling.

Less females than males, less aged between 55-64 years than the other age groups, less those who took regular than irregular taking medicines, less stage 1 than stage 2 hypertensive patients participated in the 2011 evaluation. The mean of SBP as well as DBP in 2011 were increased ($p=0.000$) compared with the 2008 figures.

Conclusion

Three years post quasi experimental study, less females, less patients aged between 55-64 years, less those who took regular medicines, less stage 1 hypertensive patients responded; SBP as well as DBP increased compared with the 2008 figures. Re-counselling is needed on proper exercise and taking antihypertensive medicine in reducing SBP and DBP to control hypertension.

Key words:

hypertension, re-counselling, antihypertensive medicine, exercise