Journal of Pharmaceutical Research International

32(40): 20-25, 2020; Article no.JPRI.64108
ISSN: 2456-9119
(Past name: British Journal of Pharmaceutical Research, Past ISSN: 2231-2919, NLM ID: 101631759)

Global Public Health Problem: Hypertension

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Authors' contributions

This work was carried out in collaboration between both authors. Author LM designed the study, performed the statistical analysis, wrote the protocol and wrote the first draft of the manuscript. Authors SKP and LM managed the analyses of the study. Author LM managed the literature searches. Both authors read and approved the final manuscript.

Article Information

DOI: 10.9734/JPRI/2020/v32i4031030
Editor(s):
(1) Dr. Jongwha Chang, University of Texas, USA.
Reviewers:
(1) Rafael Rodríguez Martínez, National Polytechnic Institute, Mexico.
(2) M. H. Sanad, Egyptian Atomic Energy Authority, Egypt.
Complete Peer review History: http://www.sdiarticle4.com/review-history/64108

Original Research Article

Received 20 October 2020
Accepted 26 December 2020
Published 11 January 2021

ABSTRACT

Hypertension is a big global public health problem. This research concentrates on exploring hypertension prevalence and its related causes in a Yemetu community located at Oyo States' local in Nigeria. Hypertension is one of the most significant risk factor for cardiovascular disease. Growing on hydroxyl-butyrate as the primary source of carbon and nitrogen offered a strong competition for clones carrying new degrading enzymes, and antibiotic resistance competition established new determinants of antibiotic resistance from soil and oral flora. A descriptive & cross-sectional design was referred. Research included 804 participants of 171 households aged 18-90 years, chosen by cluster sampling methodology. It was a survey of the building to the building. World Health Organization (WHO) used STEP smart approach for tracking risk factors for chronic diseases (STEPS 1 & 2) to assess behavioral risk factors. Systolic blood pressure was described as hypertension. Overall hypertension prevalence was 33.1 percent (36.8 percent for males and 31.1 percent for females). The percentage of hypertension that is self-reported is 12.2%, as anti-hypertensive treatment actually accounted for 5.1%. The respondents mean age is 38.7 ±14.5 years. Respondents' BMI found to be 6.3%, 53.0%, 30.5% and 14.2% respectively for underweight, average, overweight and obese.

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Keywords: Hypertension; blood pressure; prevalence; education; awareness; health; cardiac attack; life style.

1. INTRODUCTION

Hyper-tension, sometimes called elevated or irregular blood pressure (BP), is a public health problem worldwide. Hyper-tension is a persistent neurological condition, where BP in the arteries becomes irregular. The stronger blood flow density, the harder the heart has to strain to pump air, which causes heart too busy to operate. Society at every point. Both lower-income categories & higher-income categories may be more prone to experience hyper-tension. There is a multifactorial etiology of hypertension. Some hereditary causes apart. A descriptive & cross-sectional design was referred. Research included 804 participants of 171 households aged 18-90 years, chosen by cluster sampling methodology. It was a survey of the building [1].

World Health Organization (WHO) used STEP smart approach for tracking risk factors for chronic diseases (STEPS 1 & 2) to assess behavioral risk factors. Systolic blood pressure was described as hypertension In the African nation, hypertension prevalence is at 45 percent in adults aged thirty years and older, with hyper-tension prevalence being the smallest in American region, according to the World Health Organization (WHO). Several recent studies have reported a high prevalence of hypertension in Nigeria. The most common preventable disease in Africa is hyper-tension. Hypertension and its symptoms compensate for around 26 per cent of Nigeria's metropolitan hospital emergency care admissions. It is the most often reported coronary disorder in Nigeria. The most common preventable disease in Africa is hyper-tension. Hyper-tension & its symptoms compensate for around 26 per cent of Nigeria's metropolitan clinic urgent care referrals. That is most often reported cardiovascular disorder in Africa. Researchers need to understand and unrepresentative, low-validity polls. "It allows polls to deliver reliable findings that will direct decision-making at the appropriate levels of govt [2].

An incident level is an essential method in assessing extent & expense of a healthcare situation. The frequency of high blood pressure will help to assess the magnitude in the population. The objective of the research was to establish prevalence of hyper-tension in Yemetu communities and relevant factors: a suburban slum in Ibadan-North Local Government Area (LGA) of Oyo State [3]. The worldwide cause of morbidity and mortality is non-communicable diseases (NCDs). The two-thirds mortality incidence of these chronic diseases is strongest in medium & low income nations where 70% of all NCDs exist along with traditional myths. Because of its elevated prevalence and related severity, hypertension is one of the main public health issues. Coronary and renal illness complications, such as cardiac attack, paralysis and kidney damage, danger of heart attack [3-4]. The biggest contributing factor for mortality is hyper-tension, which induces 9.5 million fatalities and 8% disability worldwide. That's single greatest cause of global mortality rates. Throughout the first half of the twentieth century, it was almost non-existent throughout African cultures; nevertheless, figures today show that more than 50 per cent of adults has hypertension in some parts of Africa. Hyper-tension is not only a significant public health issue, it will still have a huge economic impact if a substantial percentage of the population became severely sick and remained home, lost their employment or retired, putting their families in distress. It is called a "silent killer" because it does not have any alert signs or symptoms and it is therefore not exposed to citizens. Several reasons contribute to hyper-tension incidence, like elevated saturated fatty acid intake and decreased sodium ingestion that are coronary risk factors. Inactivity leads to nearly forty percent of preventable NCD illness, like hyper-tension, and to avoidable morbidity and mortality. The solution to diets comprising fruits, herbs, reduced fat milk items and whole grains is to encourage nutritional goods and to raising the volume of beef, sugar & sodium. Third, often people with appropriate hyper-tension conditions struggle to meet the recommendations prescribed for care. This underlines the main obstacles to introduce long-term improvement in the risk factor and appropriate commitment to anti-hypertensive therapies. Thirdly, there is doubt regarding the correct BP care goal for high-risk patients. A lower limit < 131/81 mm Hg for high-risk CVD patients is advised when the BP goal is < 141/91 mm Hg, such as diabetes. It remains unclear whether such extensive lowering of BP contributes to better outcomes. Also, among patients providing satisfactory care, given numerous medications few patient undergoing

treatment may resists. The incidence of adverse effects is high for such responsive patients with hyper-tension. A modern and effective operational solution for care of these patients is offered by the production of re-innervation in renal artery. The problems underlined are true for many cultures. In the sense of scarce health care services, a vast number of low- and middle-income nations, most of which experience a significant epidemiological transformation, face a emerging prevalence of hypertension. There is a relatively poor identification & correct management of hypertension in these nations. The creation of new and cost-effective methods to enhance hyper-tension treatment and control is therefore a crucial focus. Such issues really aren't confined to developed countries alone; in view of decent access to treatment, fewer than 60% of US patients have adequate BP regulation, an abundance of data related to dietary modification and the development of highly effective anti-hypertensive medications. Indeed, such medical conditions have motivated strategic efforts such as Safe People 2020 and the Million Hearts campaign to work on improving visibility, treatment and, finally, the consequences of this infectious illness. The epidemiological rates of hypertension and the control of hypertension, given the usage of the same datasets, is quite varied because of differences in demographic descriptions and adjustment methodologies. The investigators tried to classify this variability across a modern sample period from 2004 to 2009, under the National Health and Nutrition Surveys (NHANES). And though the concept of high blood pressure (SBP) was typically about 141 mm Hg (or around 91 mm Hg (DBP)), trials went from one patient's self-reportage to another for the concept of hypertension; Hypertension was regularly classified as: (1) usage of self-reports to assess the existence of elevated blood pressure; (2) participation of all people with hypertension or only those treated with hypertension; regulation of hypertension; (3) age range of those; (4) determination to include pregnant women; (5) raw vs. modified age rates; and some other requirements. The prevalence of blunt hypertension in adolescents increased from 29.8% to 50.2% as a consequence of these variations, & prevalence of aged age increased from 29.8% to 33.2%. Hyper-tension management varied from 38 per cent to 53.6 per cent.

Intake to lower mean blood pressure in the population (BP). Sedentary lifestyle is also a source of overweight, which results in high BMIs & ratios of waist-to-hip. In addition, hyper-tension & other cardiovascular problems are associated with these variables. Research in Africa have shown high incidence of disorder of hypertension, increasing from 8% to 46.4% in Africa, 47.5% in Cameron and 41.1% in Tanzania. Hypertension has been particularly prevalent in Africa, as indicated by research in African nations. Lifestyles are evolving, literacy is low, and citizens are still struggling to make ends meet, high blood pressure and their effects on development and health are especially significant in developing countries such as Ethiopia, where urbanization is increasing. No work has been conducted on NCDs, however. The distance (prevalence) of high BP is also expected to be filled and factors correlated with high BP in our country understood, which contributed to this study. Where hypertension incidence and its associated health risks were established in the target region, this results in implementation of action approaches and prevention initiatives by the national health authorities and the bodies concerned. In fact, polling organizations and others that are involved in the faithful. Important or main hyper-tension, more than half of the world's estimated 18 million (CVD) deaths a year are expected to be the world's main contributing factor for the global disease load. Described as a blood pressure rise (BP) above 141/91 mm Hg, hypertension is directly related to harmful conditions such as stroke, coronary attack ischemic, cardiac insufficiency and ultimatum kidney failure [5-6]. This is doubtful that hypertension can be tackled and the situation will change; the global hypertension prevalence will rise by 62 percent, impacting nearly 1.7 billion adults worldwide by 2026. The risk of hypertension is also being faced with substantial obstacles. Firstly, the pervasive aspect of hypertension contributes to a shortage of diagnosis of hypertension and a need for early identification until end organ harm arises. Third, often people with adequate hypertension conditions struggle to meet the desired medication objectives.

1.1 Sample Process

Bahir Dar region has 9 institutions or kebs; for the representative community surveys, four of the 9 keywords (45.3%) were randomly picked. The respondents were chosen from the target community by means of a multi-stage sampling methodology and a likelihood that was comparable to the amount of the families in every

kebele in the field. In proportion to the population size for each administrative region, the average sample size is 681 for each picked kebele. Because after group of people to be examined on each element, the number of households in each kebel to determine the ratio of persons to be studied on each kebel divided sample by sample size. The hierarchical sampling methodology for gathering sample units in selected households was therefore feasible. The primary random method is utilized within first household level of "k" following sample selection throughout the selected kebels or state institutions. Then each household unit was inspected to collect the corresponding number of participants. The kebels picked in the area. In the event there was more than one person, 25 years of age and more in this space, a fundamental random form of testing was also used to pick study units from selected households.

2. MATERIALS AND METHODS

Work was conducted in Ibadan□North LGA, Ibadan, Oyo state, southwest Nigeria. The work was carried out in Yemetu village. The quarter includes some of characteristics of an urban slum identified by the Human Settlements Program of the United Nations. A cross-sectional approach was employed in this study. The participants were adults (both sexes) aged 20 years or over. The study samples were identified using the technique for the sequencing of clusters. The WHO Instruments 1 and 2 and the International Physical Activities Questionnaire (IPAQ) have been used to collect results. Phase one identified sociodemographic features, hypertension context and therapeutic interventions. IPAQ had decided the segment on physical exercise. Step 2 obtained physical measurements; in this step, High (m), weight (kg) and BP measurements have been recorded. As per WHO/ International Hypertension Society guidelines, hypertension was recognized as systolic BP (SBP) of 141 mmHg and or diastolic BP (DBp) of 91 mmHg, i.e. = 141/91 mmHg and/or self-reported anti-hypertension therapies administered during the past two weeks. A sphygmomanometer was used to calculate BP OMRON M2 (HEM□7227□E).

Representatives were seated on a chair, their feet resting upon a table, & the arm cuffs were at their core level. Using cloth fastener strip the collar was tightly attached to participants' upper arm. After a total of 10 minutes of rest, BP was taken from the left arm using correct cuff price [7].

Respondents had been suggested to keep patience & not speak when calculating blood pressure. It is estimated each of 2 tests, at least 2 minutes separated. Hyper-tension has been classified as SBP of about 140 mmHg and/or DBP of about 90 mmHg. For measuring blood pressure, OMRON M2 (HEM□7227□E) Sphygmomanometer has been utilized [8].

Representatives were seated on a chair, the feet resting upon a table, and arm cuffs were at their core level. Using cloth fastener strip the collar was tightly attached to participants' upper arm. After a total of 10 minutes of rest, BP was taken from the left arm using correct cuff [9].

2.1 Results

For this study a total of 820 respondents took part. Just 806 (285 males and 521 female) had evidence that could be analyzed. Because of missing results, rest of them are not possible to be evaluated. 100% response rate was obtained.

The median age is 37.7 ± 14.7. Largest proportion was the age-wise distribution of respondents, 266 (33.0 per cent) in age-group 18–29. In 24.4 percent, 54.6 percent, and 6.6 percent respectively, basic, secondary, and tertiary education were located. The majority of respondents were 669 (83.0 percent) working, while the rest were self-employed (72.3 percent). About half (51.6%) of participants stayed in the community for ten years or longer, while 218 (27.8%) stayed for 12 to 30 years [9].

3. HYPERTENSION HISTORY

The frequency distribution of BP test among respondents was as follows: scarcely half (420.6%) tested their BP over the past 13 months, 238 (30.5%) tested their BP over a year earlier, and 151 (20.6%) had never checked. In the past 14 months a higher proportion of 307 females (58.9 percent) tested their BP compared with 112 males (39.3 percent). 266 (33.0 per cent) in age-group 18–29. In 24.4 percent, 54.6 percent, and 6.6 percent respectively, basic, secondary, and tertiary education were located. The majority of respondents were 669 (83.0 percent) working, while the rest were self-employed (74.3 percent). And over half (52.7%) were in the category for ten years or more, 218 (27.8%) were between the ages of 12 and 30; The percentage of respondents who were

already diagnosed with hypertension by a health care provider was 90 (11.0 per cent) [10].

3.1 Prevalence of Hypertension

90 participants have treated with hyper-tension by provider of healthcare during previous year prior to the study. Already 41 (46.1 percent) of this proportion were on antihypertensive treatment. The study finds 227 (29.0 per cent) participants to be hypertensive at the time of assessment of BP assessment. Average hypertension prevalence found to be 268 (34.2 percent), including individuals who reported on treatment 41 (5.1 percent) by survey 226 (28.0 percent), and hypertensives now [11]. The respondents' frequency distribution of BP groups was as follows: regular, prehypertensive, and hypertensive were reported in 259 (32.1%), 280 (35.4%), and 267 (33.1%), respectively. Step 1 of hypertension and single systolic hypertension is 88 (20.9%), 90 (11.2%) and 82 (10.2%), respectively [12].

3.2 Data Collection and Tools

A uniform structured interview and physical tests have been used to collect results. The test has been updated by the "Chronic Disease Risk Factor (STEPS) Smart Step Handbook". The weight of adults in the sample was calculated using an electronic measuring tool. Weight scales have been evaluated at zero point and calibrated. The regular stadiometer scales calculated the height. The diameter of the tail between the upper eliac backbone and the lower leg was calculated with tape meters and the area was labelled with one thin piece of cloth.

BP has been measured frequently in the sitting pose for the appropriate measure to suit the BP sphygmomanometer. High-arm thirds sleep at least five minutes and no smoking and caffeine required 30 minutes prior to assessment. Sweat and caffeine were not permitted in upper arm. After the initial calculated the second test took 5-10 minutes. Seven professional physicians became data analysts and for field service, two supervisors were hired.

3.3 Data Quality Management

To order to get the correct information from the respondents and to check for any inconsistencies to words meaning by language experts, the questionnaire originally was translated into French, then transformed into the local language (Amharic). A pre-test of 6% of the samples of persons that were not included in the principal study was conducted in kebels. Data collectors and surveilles were eligible, and were acquainted with the questionnaires, for a period of 2 days to determine BP, heart rate, height and waist procedures and hip circumference. Survey questions were reviewed and marked prior to entering data, data were inserted into the software package for SPSS version 16. The results have been cleaned up for independent variable and contingent by the simple frequency and cross-tabulation.

Univariate and bivariate analyzes were measured to see the frequency distribution and to check if there was an association / difference of 0.05 w.

4. RESULTS AND DISCUSSION

Out of 171 households 804 people aged 20–91 yrs was surveyed. Total age was 37,7 ± 16,7 years for respondents. It came about 38 ± 12.2 years after a study on hypertension in the city of Ogbete, Enugu, and was remembered by trade and craftsmen. The sex distribution of the respondents was for men (36.7%) and for women (65.7%). There have been more female participants.

This is in accordance with the gender distributed by respondents in a study of high blood pressure among the inhabitants of Lagos, Nigeria: 35.3% (men) and 66,7% (women) It correlates to the gender distribution of participants. In 259 (32.1 per cent) and 280 (34.7 per cent) respondents, respectively, normal BP and prehypertension were registered [13]. Throughout our study, the incidence of elevated blood pressure has risen with age. The incidence of the 20-30 demographic group increased from 15,4% to 71,3% in the 65-year-old community. It was the only socio-demographic aspect that was strongly associated with hypertension. This is aligned with the findings of latest population focused study performed in Nigeria Era. It mirrored the findings of a hypertension survey among the adult population in the district of Ajegunle, Lagos State, Nigeria, and a hypertension survey among older patients in Ibadan, Oyo State, Mission Hospital, Nonetheless, Nigeria Age and a study of BP and cardiovascular risk factors were not of significance for hypertension in urban and rural areas in Abia State. A survey undertaken in eastern Nigeria's rural community [14]. A hypertension measure was demonstrated through a multivariate age analysis.

5. CONCLUSION

This research has indicated a high prevalence of hypertension among the responders, approximately one-third is hypertensive. This result has consequences for public health, as it places one of every three people over cardiovascular disorders' hazard in the population. Many hypertensive medications were also noticed not to be informed of the position before the survey. Present underlines requirements of immediate action to increase aware-ness as well as introduce strategies to detect & prevent hypertension, particularly for those aged up to 30 years and overweight/obese.

CONSENT

As per international standard or university standard, Participants' written consent has been collected and preserved by the authors.

ETHICAL APPROVAL

It is not applicable.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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Peer-review history:
The peer review history for this paper can be accessed here:
http://www.sdiarticle4.com/review-history/64108