

PREVENTION AND MONITORING OF PATIENTS WITH SYSTEMIC ARTERIAL HYPERTENSION AT THE FAMILY HEALTH UNITY OF PAULISTA-PE

PREVENÇÃO E ACOMPANHAMENTO DOS PORTADORES DE HIPERTENSÃO ARTERIAL SISTÊMICA DA UNIDADE DE SAÚDE DA FAMÍLIA, LOCALIZADA EM PAULISTA-PE

Rebeca Martins de Paula da Mota Silveira^{1*}, Débora Maria Azevedo Silva¹, Maria Laura Guedes de Siqueira¹, Túlio Gabriel Araújo Alves¹, Elizabethe Carolina Pedra Rica de Jesus Pereira²

¹ Students at the Faculdade de Medicina de Olinda, ² Professor at the Faculdade de Medicina de Olinda

ABSTRACT

In primary health care, the Health Ministry recommends that hypertensive patients with uncontrolled arterial pressure who follow the recommended treatments attend monthly medical appointments until they achieve the target blood pressure. Therefore, the proposed intervention occurred in a community of 8000 users with high hypertension populational rates, lack of information, low socioeconomic status, and poor commitment to medical appointments and Hiperdia (Brazilian protocol to deal with high blood pressure). Actions directed to the awareness and prevention of hypertension impairments were conducted to reduce the new cases of hypertension. This experience report aimed to enhance engagement in the treatment and follow-up of hypertensive patients registered at the Family Health Unit (FHU) of Francisco Marcelo Dias in Paulista, Pernambuco. The problematization strategy based on Maguerez Arch theory was used to identify the main problems of the area, theorization, solution hypothesis prediction, and plan of action. The actions prioritized prevention and awareness to achieve a better quality of life and prevent the development of hypertension and disease progression. The activities conducted at the FHU included blood pressure measurements and conversation circles about the importance of a healthy diet and the continuous use of medications. These actions positively impacted the number of patients attending medical appointments, Hiperdia, as well as treatment adherence. Additionally, the expected outcome of the motivations for changes in lifestyle habits in the long term is a decrease in new hypertensive patients in the area. The promotion of adequate health for hypertensive patients in this community, along with interventions for preventing and treating systemic arterial hypertension, increased treatment adherence and led to changes in lifestyle habits. These actions improved the health quality of diagnosed hypertensive patients and prevented disease development.

Keywords: Primary Health Care; Health Education; Hypertension.

RESUMO

Na atenção primária à saúde, o Ministério da Saúde recomenda que pacientes hipertensos que estiverem com a pressão arterial descontrolada, mas que estejam cumprindo os tratamentos recomendados, deverão realizar consulta médica mensal para reavaliação, até atingirem a meta pressórica estabelecida. Baseado nisso, o projeto aplicativo aconteceu em uma comunidade com 8000 usuários, onde há uma elevada taxa de hipertensão entre a população, associada à falta de informação, baixa condição socioeconômica e falta de adesão às consultas e ao Hiperdia. A partir desse cenário, foram realizadas ações que implicassem na conscientização e prevenção das complicações da hipertensão e na redução do número de novos hipertensos na área. Melhorar a adesão ao tratamento e acompanhamento dos hipertensos cadastrados na FHU Francisco Marcelo Dias, em Paulista-PE. Estudo descritivo do tipo relato de projeto aplicativo. Utilizou-se a metodologia da problematização, baseado no Arco de Maguerez para identificação do problema base da área, teorização, criação de hipóteses de solução e um plano de ação. As ações prezaram a prevenção e conscientização para uma melhor qualidade de vida, evitando assim tanto o desenvolvimento da hipertensão como também a evolução da doença. Para isso, as atividades realizadas na FHU foram aferição da pressão arterial e rodas de conversa sobre a importância da alimentação saudável e o uso contínuo dos medicamentos. Essas ações tiveram um bom impacto ao modo que aumentaram o número de pacientes nas consultas e no Hiperdia, aumentaram a

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quantidade de adeptos ao tratamento, e através do incentivo à mudança nos hábitos de vida, espera-se que a longo prazo haja uma diminuição no número de novos hipertensos na área. A promoção de saúde adequada para os pacientes hipertensos da comunidade, assim como a intervenção para a prevenção e tratamento da hipertensão arterial apresentou implicações clínicas importantes, uma vez que foi capaz aumentar a adesão ao tratamento e a mudança nos hábitos de vida, prevenindo futuros pacientes hipertensos e melhorando a qualidade de vida dos hipertensos já diagnosticados da área.

Palavras-chave: Atenção Primária a Saúde; Educação em Saúde; Hipertensão.

INTRODUCTION

Usually known as high blood pressure, systemic arterial hypertension (SAH) is characterized by blood pressure equal to or greater than 140 by 90 mmHg. The pressure rises mainly due to contractions in the vessels in which the blood circulates. The heart and vessels can be compared to an open tap connected to several nozzles; if the ends of the nozzles are closed, the pressure inside increases. The same happens when the heart pumps blood; if the vessels are narrowed, the pressure rises.

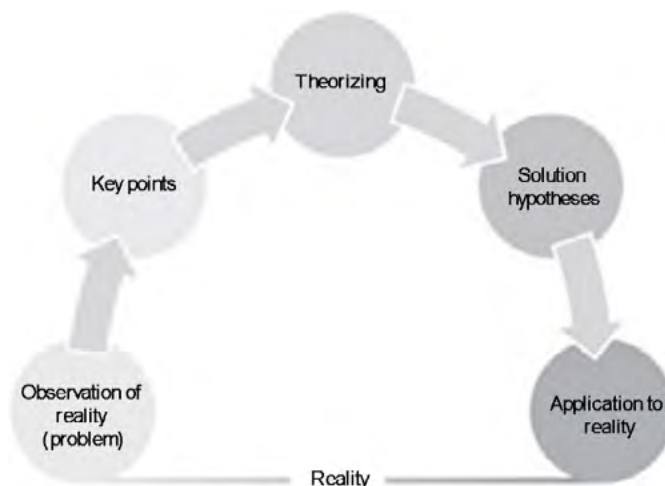
The heart is an efficient pump that beats 60 to 80 times a minute, transporting 5 to 6 liters of blood throughout the body. Blood pressure is the force that the heart uses to pump blood through the vessels, determined by the volume of blood leaving the heart and the resistance it encounters while circulating through the body.

Blood pressure can be modified by variations in blood volume or viscosity, heart rate, and vessel elasticity. The hormonal and nervous stimuli that regulate blood pressure are influenced by internal and environmental factors, as well as poverty. The latter affects health strongly and consistently as tobacco, alcohol, sedentary lifestyle, hypertension, obesity, and diabetes.

The Brazilian Society of Hypertension estimates that 25% of the Brazilian population suffers from SAH, and in people over 60 years, the percentage rises to over 50%.

METHODS

Based on the Maguerez Arch theory, the problematization methodology was used to explore the content of the work. Using this methodology, the entire learning process begins with contact and reading of reality.



The students from the Faculdade de Medicina de Olinda identified the main problem to work on, which consisted of controlling and improving the hypertension profile among users of the Francisco Marcelo Dias Family Health Unit (FHU). Workshops were organized to provide tools for constructing interventions to transform reality. These plans were defined based on the solution hypothesis defined by a theoretical and reflective study about the explanatory chain of causes and consequences of the problems identified. The main advantage of this methodology is the possibility for actors who identify unsatisfactory aspects in reality to conduct qualified interventions supported by references from situational strategic planning g.

The situational diagnosis enabled the understanding of the studied area and the main problems faced by FHU. It allowed for the collection of information and identification of potential resources for planning response actions within a short period and at minimal cost, enabling the population to pinpoint their needs and problems.

In the theorization stage, SAH was considered one of the most important public health problems at the moment; this disease has a high prevalence and low control rates and is one of the main modifiable risk factors. Since SAH is an asymptomatic disease, individuals are not aware of the need to control it and of the importance of treatment to sta-

bilize blood pressure levels and minimize its effects.

Developing possible solutions hypotheses consisted of drawing up an action plan for the problem identified as a priority. The action involved

students from the Faculdade de Medicina de Olinda, community health workers, and the Francisco Marcelo Dias FHU population in the municipality of Paulista, Pernambuco.

Plan of Intervention

Strategy	Actions	Activities	Responsibles	Participants	Human Resources	Materials	Chronogram
An action plan to increase treatment adherence and improve follow-up by the family health team to prevent complications from hypertension at the Francisco Marcelo Dias FHU.	Prevention and awareness-raising for a better quality of life, avoiding the development of hypertension and its progression.	Blood pressure checks, conversations about the importance of healthy eating, and the continuous use of medicines.	Students: Débora Maria Azevedo, Maria Laura Guedes, Rebeca Martins, Túlio Gabriel.	FHU Francisco Marcelo Dias team, hypertensive patients and at-risk population in the community, students: Débora Maria Azevedo, Maria Laura Guedes, Rebeca Martins, Túlio Gabriel.	Nurse Nurse technician Doctor Community health workers	Blood pressure measurement: stethoscope and sphygmomanometer. Conversation circles: banners, posters, booklets, and breakfast.	10.12.2018 8:30: breakfast 9:30: conversation circle about the importance of a healthy diet, prevention, and continuous use of medicines. 10:30: pressure measurement.

To prevent the development of SAH and disease progression, preventive measures and awareness-raising initiatives were proposed to improve quality of life, including regular blood pressure checks, conversation circles on the importance of a healthy diet, and the continuous use of medication.

Implementation Challenges (Viability)



The biggest challenge was to reach the target public effectively, as the visit to the FHU did not coincide with the day of patient attendance for SAH. Another factor that hindered the progress of the project was the absence of the FHU nurse due to her weekly leave.

CONCLUSION

In conclusion, the objectives were gradually achieved throughout the implementation period.

Promoting adequate health for SAH patients using an intervention to prevent and treat arterial hypertension presented important clinical implications. These actions may reduce or even eliminate the need for antihypertensive drugs, avoiding the adverse effects of drug treatment and lowering the cost of treatment for patients and healthcare institutions.

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