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The Effect of Health Intermediators Participation in Diet and Drug Consumption among Patients with Hypertensive Disorders

R. Mohammadi, PhD¹⁸ M. Nooritager, PhD¹⁹ H. Haghani, PhD²⁰

Abstract

Hypertension is seen as a serious risk factor in modern societies. Thus, population's screening, with modifying lifestyles, especially in nutrition, and the patients' follow-up are the most essential strategies for the control of this disorder.

This interventional study was undertaken to determine the effect of participation of health intermediators Diet and Drug consumption in patients affected by hypertensive disorders under the auspices of medical health care. The sample consisted of hypertensive patients (92 in intervention group, 92 in control group). All the subjects, were selected from Health Centers in the West District of Tehran. Intermediators had five home visits for each patient from intervention group. The questionnaires were completed before and after the intervention. In this study, we used kappa, McNemar, independent sample t-test and chi-square (χ^2) tests.

The study, findings showed that 73.5% of intervention group and 75% of the control groups were women. The majority of the subjects in both groups were married, house wives, with either illiteracy or elementary education. 62.3% of the intervention group and 50% of the control group had high cholesterol background.

Kappa test showed a significant difference concerning self-care related to nutrition control, as namely adding salt at the time of cooking ($P=0.007$, $P=0.0001$) and adding salt at the time of serving the food ($P=0.007$, $P=0.0001$) before and after intermediatories participation. Also kappa test showed a significant difference concerning self-care related to health habits, as hypertension control ($P=0.012$, $P=0.000$) before and after intermediaries participation. Also there was a significant difference regarding to drug usage and consultation with physician in the intervention and control group.

In general, hypertension control is very important. Thus, it would be necessary that we have an effective caring program for these patients. Because intermediors participation, in relation to patient education is important, we recommend that the patients should receive routine continuing education and actively participate in nursing home visits. We believe that in this context, they can play an important role in work force for benefit of health promotion in the community.

Key Words: Participation, Intermeditor, Hypertension disorder

¹⁸ Associate Professor, Faculty of Nursing and Midwifery. Iran University of Medical Sciences and Health Services, Tehran, Iran. (Coresspounding Authour)

¹⁹ Assisntant Professor, Faculty of Nursing and Midwifery. Iran University of Medical Sciences and Health Services, Tehran, Iran.

²⁰ Senior Lecture, Faculty of Management and Medical Information, Iran University of Medical Sciences and Health Services, Tehran, Iran.