

论文

520例高血压高危人群危险因素综合性干预的效果分析

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摘要:

目的 评价采取综合性措施干预高血压及其危险因素的效果, 为开展人群高血压预防提供基础资料。方法 以520例高血压高危人群为研究对象, 实施健康教育和个体化生活方式行为指导等干预措施, 随访2年并评价效果。结果 经过2年干预, 高血压高危人群对高血压知识知晓状况提高明显, 血脂水平明显改善, 行为危险因素中的高盐饮食、吸烟和长期大量饮酒的比例分别由干预前的57.9%、32.1%和29.2%下降至干预后的49.8%、25.4%和23.1% (P<0.05)。血压水平没有进一步升高。结论 采用综合干预方法对高危人群进行高血压一级预防具有较好的效果, 有利于控制血压水平和防治高血压疾病。

关键词: 高血压; 高危人群; 一级预防; 综合干预

Effects of comprehensive intervention for risk factors in 520 cases of high-risk hypertension

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Abstract:

Objective To investigate the effects of comprehensive intervention for risk factors in the high-risk hypertension population. Methods 520 subjects with high-risk hypertension were selected and received comprehensive preventive intervention such as health education and guidance of life style. Results After 2 years' intervention the high-risk population had a wealth of knowledge of hypertension. The concentrations of triglyceride, total cholesterol, low-density lipoprotein significantly decreased while the concentrations of high-density lipoprotein significantly increased(P<0.05). The proportions of persons who consumed high salt, as well as the rates of smokers and drinkers decreased from 57.9%, 32.1% and 29.2% to 49.8%, 25.4% and 23.1% respectively. No change was observed in the level of blood pressure. Conclusions The high-risk hypertension population benefits from primary prevention and comprehensive intervention contributes to the prevention and control of hypertension.

Keywords: Hypertension; Highrisk population; Primary prevention; Comprehensive intervention

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