

Attitude of Greek Hypertensives towards non Pharmacological Treatment of Hypertension

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OBJECTIVE

To find out if and to what extent non pharmacological measures or lifestyle modification are applied in the treatment of hypertension in our country.

MATERIAL AND METHODS

The study involved 800 already treated hypertensive patients, (320 men and 480 women, aged 35-80). All these patients have been reviewed by the same doctor. The duration of the review was 15 minutes. The study involved the administration of a questionnaire with the aim of collecting data:

- On their awareness of the following six measures of lifestyle modification (cessation of cigarette smoking, weight reduction, alcohol restriction, exercise training, salt restriction, stress management.)
- On the compliance of the patients to these measures,
- On the reasons of the non-compliance,
- On whether doctors advise their patients to follow these measures.

RESULTS

According to their answers, 30% of the surveyed hypertensive patients followed one or more measures of lifestyle modification. 70% of the patients followed no measure of lifestyle modification.

These results were not influenced by the sex of the patients.

30% of the patients were aware of all the above mentioned six measures of lifestyle modification. 20% of the patients were aware of only two measures. 20% of the patients were aware of only one measure. 30% of them had a general knowledge about healthy diet, without knowing what it really means.

90% of the hypertensive patients were not enrolled to follow-up visits for the treatment of hypertension. Thus, the doctor can not follow an intense program of counselling them and of controlling their adherence to the non pharmacological measures of hypertension.

80% of the hypertensive patients stated that they had been informed for the lifestyle modification by their doctor.

100% of the patients admitted that their doctor had never spent more than 10 minutes counselling them about the non pharmacological measures of hypertension.

CONCLUSION

The majority of the hypertensive patients do not adhere to the non pharmacological treatment of hypertension. Most hypertensive patients are not aware of this form of treatment, because their doctors do not spend enough time in the patient education.