

14/07 / PHARM / TD

THE KENYA POLYTECHNIC UNIVERSITY COLLEGE

DEPARTMENT OF HEALTH SCIENCES AND
BIOTECHNOLOGY

TRADE PROJECT

**TITLE: MANAGEMENT OF HYPERTENSION AMONG PATIENTS
ATTENDING MOI TEACHING AND REFERRAL HOSPITAL-ELDORET**

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**A TRADE PROJECT PRESENTED TO KENYA
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PHARMACEUTICAL TECHNOLOGY**

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ABSTRACT

The research on hypertension was carried out at Moi teaching and referral hospital in Eldoret. The research aimed at the following:

- Finding out the effectiveness of management of hypertension
- Find out the major causes of hypertension.
- Find out the preventive and curative measures used in hypertension.

The research was investigated by use of various methods of acquiring data was acquired by use of questionnaires in which medical practitioners were given to fill. Also data was acquired by use of hospital records in which hypertension cases are recorded and summarized annually.

Management of hypertension in the study area is seen to be effective as from the data. This is seen from the data collected as per the number of patients affected monthly. The data is distributed in form of bar graphs.

The research entailed the various measures of managing hypertension both pharmacological and non-pharmacological. Pharmacological measures involves the use of drugs e.g. ACE inhibitors, diuretics etc while non-pharmacological include steps like reduction of alcohol intake, stop smoking, exercise etc.

Besides drug therapy and non-pharmacological measures, hypertension was found to be easily managed or even avoided when it is detected early.