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TRADE PROJECT

PROJECT TITLE: PREVALENCE AND MANAGEMENT OF
HYPERTENSION AT SHALOM COMMUNITY HOSPITAL
IN MACHAKOS BETWEEN DECEMBER 2008 TO APRIL
2009

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COURSE: DIPLOMA IN PHARMACEUTICAL TECHNOLOGY

COLLEGE: THE KENYA POLYTECHNIC UNIVERSITY COLLEGE

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ABSTRACT

The research on hypertension was carried out at Shalom Community Hospital in Machakos. The research was aimed at investigating the major causes of hypertension, its management and the persons at greater risk. The research was investigated by use of questionnaires where medical practitioners were given to fill. Hospital records were used to acquire data in respect to hypertension cases which were recorded and summarized monthly.

The data is presented in form of bar graphs, pie chart and tables.

Drug combination therapy was used to manage hypertension effectively. Apart from drug therapy the hospital practiced nutritional counseling.

The major causes of both primary and secondary hypertension were found to be due to a number of factors. The primary hypertension is associated with various factors as high alcohol consumption, smoking, lack of exercise which leads to obesity and stress.

Secondary hypertension is due to underlying causes as diabetes, pregnancies and delayed diagnosis. Other factors include drug induced, renal disorders, adrenal tumors, poor diet and anemia.

The management of hypertension was found to be effective if the combination of both pharmacological and non pharmacological measures were taken.

It's recommended that people should their blood pressure checked from time to time so that early intervention and treatment will reduce the development of complication due to long standing hypertension.