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The role of family nurses in prevention of arterial hypertension

Hypertension is a serious public health problem both in Ukraine and all over the world. It represents an important health problem due to an increased prevalence, major impact on morbidity and mortality by cardiovascular disease. According to the Center for Medical Statistics of The Ministry of Healthcare of Ukraine, by 01.01.2011 there were 12122512 people suffering from arterial hypertension, that was 32,2% of adult population of the country. According to the research, in 2012 there were 13757000 pensioners and 80% of them suffered from arterial hypertension. Nowadays arterial hypertension is quantitatively the most important risk factor for premature cardiovascular disease both in Ukraine and all over the world. Three-fourths of the population is suffering from cardiovascular pathologies in Ukraine alone, and it causes death in 62,5% of cases; that is much higher than in developed countries.

Arterial hypertension has many risk factors. Usually arterial hypertension is caused by psycho-social factors, lack of rest, physical overload, heredity, smoking, unbalanced meals (too much salt), alcohol abuse, overweigh or obesity and physical inactivity.

The problem of early diagnosis and prevention of arterial hypertension in Ukraine requires additional family nursing resources. The main task of family nurses is to find out population groups which are at considerably higher risk of arterial hypertension and to implement preventive actions.