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Evaluation of Knowledge for Exercise and Diet in Hypertension Therapy

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Hypertension (HTN) is a dangerous chronic disease for public health because it causes many complications. It must be controlled consistently by both the correct pharmacological and non-pharmacological therapies, and actually non-pharmacological therapies (exercise or diet) are equally important compared to pharmacological therapies. Wrong information of non-pharmacological therapy could guide to wrong direction for prevention or treatment of disease. However, many people do not aware about it. Therefore, we tried to evaluate and compare the knowledge of non-pharmacological information between HTN-patients and non-patients. We randomly selected and surveyed total 132 Korean with or without HTN in area of C from April 1st to July 31st, 2007 by questionnaire. They were divided as the two groups which Group I(n=100) is for non-patients and Group II(n=32) is for HTN-patients. And we evaluated the knowledges of non-pharmacological informations such as diet and exercise among them. The results were the followed that: necessity of diet (Group I:97.0 , II:96.7%), type of good diet (Group I:92.0 , II:93.3%), opinion for follow-up diet (Group I:80.0, II:96.7%), necessity of exercise (Group I:85.0, II:100.0%), type of exercise (Group I:94, II:90.0%), amount of exercise (Group I:25.0, II:30.0%), opinion for follow-up exercise (Group I:83.0, II:96.7%) with $p < 0.01$. In conclusion, both groups realized the importance of non-pharmacological therapy in HTN treatment and prevention. Their information about diet are correct in both groups but not about exercise. However, the compliance for information of non-pharmacological therapy is superior in HTN patient group.

keywords: hypertension, public health, non-pharmacological information, compliance