

Investigating measures and interventions to ascertain the effect of anti-hypertensive drugs (Antiplatelet) on health-related quality of life and Psychological Well-being of Hypertensive patients at the University of Abuja Teaching Hospital.

H.D.Obande



Faculty of Clinical Sciences, College of Health Sciences, University Of Abuja, Behind University of Abuja Teaching hospital, Gwagwalada.

Abstract:

WHO, public health experts, and stakeholders have declared NCDs a global priority, as documented in the 2011 United Nations (UN) high-level meeting, with a target towards reducing this growing burden in Africa and other low and middle-income countries (LMICs), where an existing burden from many infectious diseases has contributed to a double burden of disease.

Hypertension is reported to be the fourth most common cause of premature death in developed countries and the seventh in developing countries (Reddy, 1996). Recent reports demonstrate that almost 1 billion grown-ups (approximately a fourth of the total populace) have hypertension, and this rate is anticipated to increment to 1.56 billion constantly 2025. Surveying the personal satisfaction of hypertensive patients is a significant issue. Quality of life (QOL) is a central issue for patients, providers, and policymakers, and interest in health-related quality of life (HRQOL) has increased markedly in recent years (Smith et al., 1999). QOL is of particular concern to those with chronic disease for which a cure is unlikely (Guyatt et al., 1993). Additionally, psychosocial elements can impact wellbeing results; self-evaluated wellbeing status has been demonstrated to be a superior indicator of mortality and dreariness than numerous target proportions of wellbeing (Joshua et al., 2002). The HRQOL of hypertensive patients is a lot of more awful than solid people (Bardage and Isacson, 2011; Liu et al., 2005; Banegas et al., 2011; Wang et al., 2009; Raskelienė et al., 2009; Kwasniewska and Drygas., 2005). The personal satisfaction of hypertensive patients is reliant on the circulatory strain, organ harm, comorbidities, and treatment (Kawecka et al., 2006).

Psychological well-being can be conceptualized as having positive feelings and thoughts towards life. It includes constructs such as satisfaction, positive emotion, optimism, and emotional vitality, and represents something more than simply the opposite or absence of ill-being (Diener E, Emmons RA. 1984 & Ryff CD, et al. 2006). A recent review identified two constructs of psychological well-being as having consistent associations with reduced risk of cardiovascular disease (CVD): emotional vitality, that is, a whole-hearted spirit for life and the ability to regulate

emotions; and optimism, a tendency to believe that good event will occur more frequently than bad events (Boehm JK, Kubzansky LD. 2012). It has been discovered that drugs such as Antiplatelet used to manage hypertensive patients have side effects on patients such as erectile dysfunction. Our goal in this work is to explore what these effects are, how to manage them and what is being done to manage them, the quality of life and psychological well-being of patients taking these drugs, and then provide insight to improve the quality of life of hypertensive patients within the teaching hospital.

Keywords: Hypertension, Antiplatelet, Quality of Life, and Psychological well-being.



Biography:

H.D.Obande currently working as a researcher at the University Of Abuja. And He Completed his master studies in the Department of Psychology at the University of Nigeria.

Speaker Publications:

1. DYNAMICS OF DIASPORA latest, September 2019.
2. "Investigating Interventions and measures to improve health related quality of Life and psychological well-being of hypertensive patients in Nigeria public hospitals", November 2019.

3. "Work-family conflict and psychological wellbeing: the moderating role of regulatory focus among female university lecturers", October 2016.

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