

## Lifestyle Intervention using BASNEF Model in Hypertension Management

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### Abstract:

Hypertension is a serious health issue and a major cardiovascular disease and stroke risk factor. In the Philippines, it is the major cause of mortality resulting from undiagnosed and unmanaged hypertension. Many of those affected are from low-income communities due to lack of access to healthcare services, less health education causes modifiable hypertension factors such as lifestyle changes (e.g. reduction of salty foods, weight loss, reduction of alcohol consumption and smoking cessation), and difficulties in accessing hypertensive drugs due to distance from pharmacies. The study aims to examine the effects of a lifestyle intervention program using BASNEF model among non – adherent hypertensive respondents in relation to the introduction of a lifestyle intervention in the management of hypertension. The result indicated that the Phase 1 mean (146.5) of the systolic readings differ significantly from the Phase 4 mean (134.92) of the systolic readings. This result suggested that the BP readings of the participants had a significant decrease based only on Phase 1 and Phase 4. However, since these two means came from phases that were not consecutive, the result, as a whole, did not show a significant decrease or change when analyzed chronologically from one phase to the next. Such lifestyle interventions, alone or preferably in combination, have the potential to reduce BP and/or improve the effectiveness of hypertensive medicines.

Keywords: hypertension, BASNEF model, blood pressure, medication adherence.

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### Speaker Publications:

1. "Convergence model of motivational attributes and academic performance among college students", March 2020.
2. "Comparative study on the growth & survival rates of genetically improved farmed Tilapia (GIFT) using formulated sweet potato granules & commercial feeds", November 2019
3. "Modified BASNEF Model For Hypertension Management Manual", Publisher: Kindle Direct Publishing, February 2019, ISBN: ISBN-13: 978-1797781082

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### Biography:

Resti Tito H. Villarino is a Registered Nurse and a Licensed Professional Teacher in the Philippines. He is an AACUP Accreditor (Accrediting Agency of Chartered Colleges and