

INTERNATIONAL MEETING ON

**NURSING RESEARCH AND EVIDENCE BASED PRACTICE**

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**Evaluation on effect of hierarchical intervention on middle and old aged patients with hypertension among rural community****Guo Ming-Xian**

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**Objective:** To discuss the effect of community intervention on controlling hypertension, promote the proportion of awareness, treatment and control among middle and old aged patients with hypertension in rural area and health-promoting lifestyle.

**Method:** Implement a gradual deepening intervention plan at whole-population and hypertensive patients' at two levels.

**Result:** The proportion of awareness, treatment and control among hypertensive patients were 83.7%, 56.4% and 46.9%, respectively, significantly higher than control group ( $P < 0.01$ ), HPLP-II scored  $130.36 \pm 15.09$ , when compared with baseline data and control group the difference had statistical significance ( $P < 0.01$ ). The behavior of regular measurement of blood pressure was 69.4%, Body Mass Index (BMI) was  $26.32 \pm 5.03$ , both of them were better than control group ( $P < 0.05$ ).

**Conclusion:** The development of hypertension could be delayed with the reduction of incidence of complications by gradual deepening hierarchical intervention in rural area, promoting the awareness rate, treatment rate and control rate and healthy lifestyle as well as stabilizing blood pressure at a safe level.

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