Public Understanding of Hypertension and Its Treatment

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Introduction: Hypertension is one of the non-communicable diseases that is becoming a global problem. Hypertension is characterized by systolic blood pressure of 140 mmHg and diastolic 90 mmHg (according to JNC VIII). According to Basic Health Research (Riskesdas 2018) the prevalence of hypertension for >18 years is 8.4%. According to measurements taken in health care facilities by 34.1%. Prevalence in the city was 34.4%, in the village it was 33.7%, while according to male sex 31.3% and female 36.9%.

Objective & Method: The purpose of the study was to find out the knowledge and awareness of laypeople on hypertension. This cross-sectional online study is equipped with 11 questions developed in Google form. Respondents were recruited from social media groups through snow-ball approach.

Discussion – Conclusion: Respondents have a good understanding on hypertension, its therapy and complications. However, information related to hypertension and behavior is still needed so that the prevalence of hypertension can be lowered.

References: