

PATIENTS' EDUCATION IN HYPERTENSION MANAGEMENT AT PRIMARY HEALTH CARE LEVEL

Alexandra Țopa, Ileanuța Gușilă, Natalia Zarbailov, Family Medicine Department,
“Nicolae Testemițanu” SUMP, Chișinău, Republic of Moldova

Keywords: patient education, hypertension, primary care.

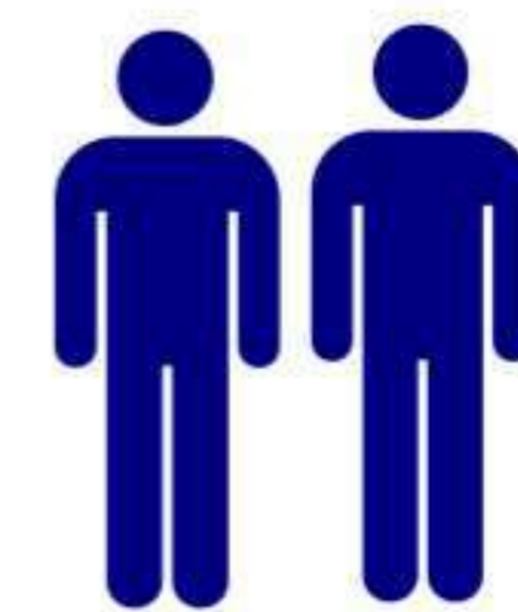
Introduction. Every third person in the Republic of Moldova suffers from hypertension, and premature mortality caused by cardiovascular diseases was 57% (2016). Currently, therapeutic education has become the equivalent component of drug treatment in disease management.

Purpose: to evaluate the official provisions as a basis for the education of hypertensive patients.

Material and methods: Study design was descriptive. The relevant official documents of the Government, the Parliament, Ministry of Health, Labor and Social protection, National Health Insurance Company, National Agency for Public Health and of the primary health care institutions were studied.

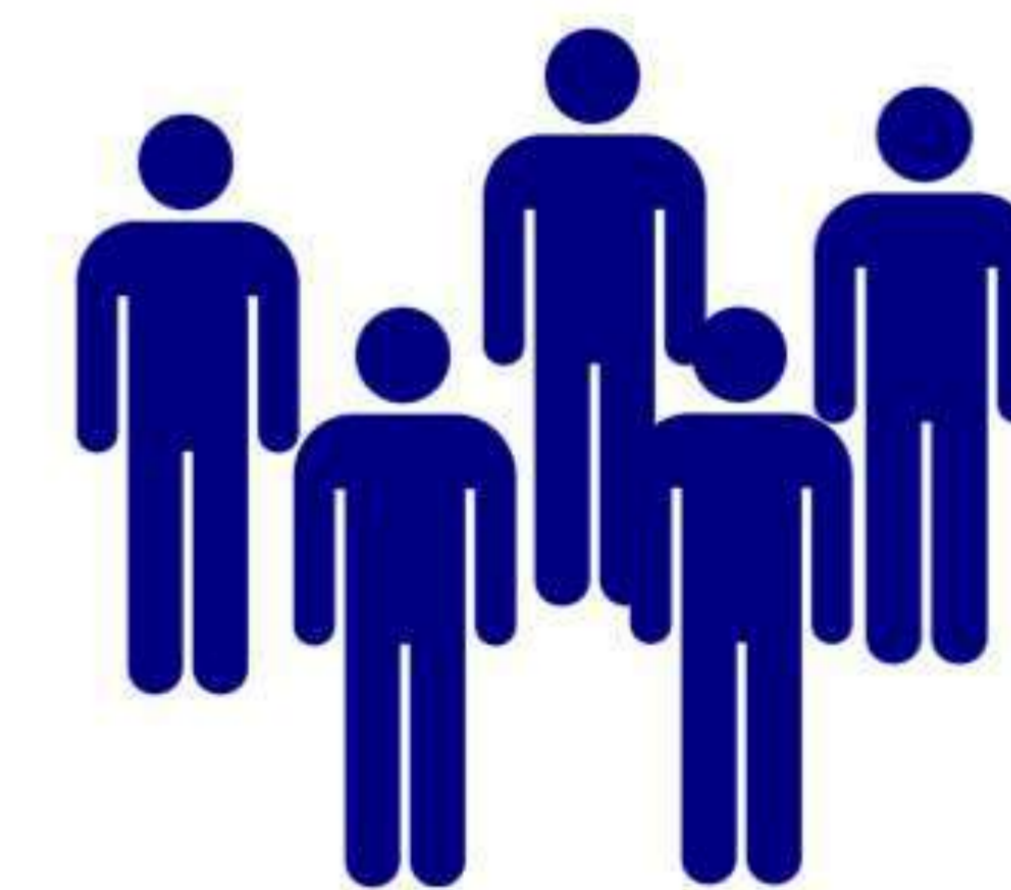
Results: According to the NHIC data, the performance indicators regarding cardiovascular diseases are met to the extent of 40%. Only one medical institution has published on the website the list of topics, based on which the education in the management of hypertension is performed.

Reported and estimated prevalence of hypertension in the Republic of Moldova



237,293

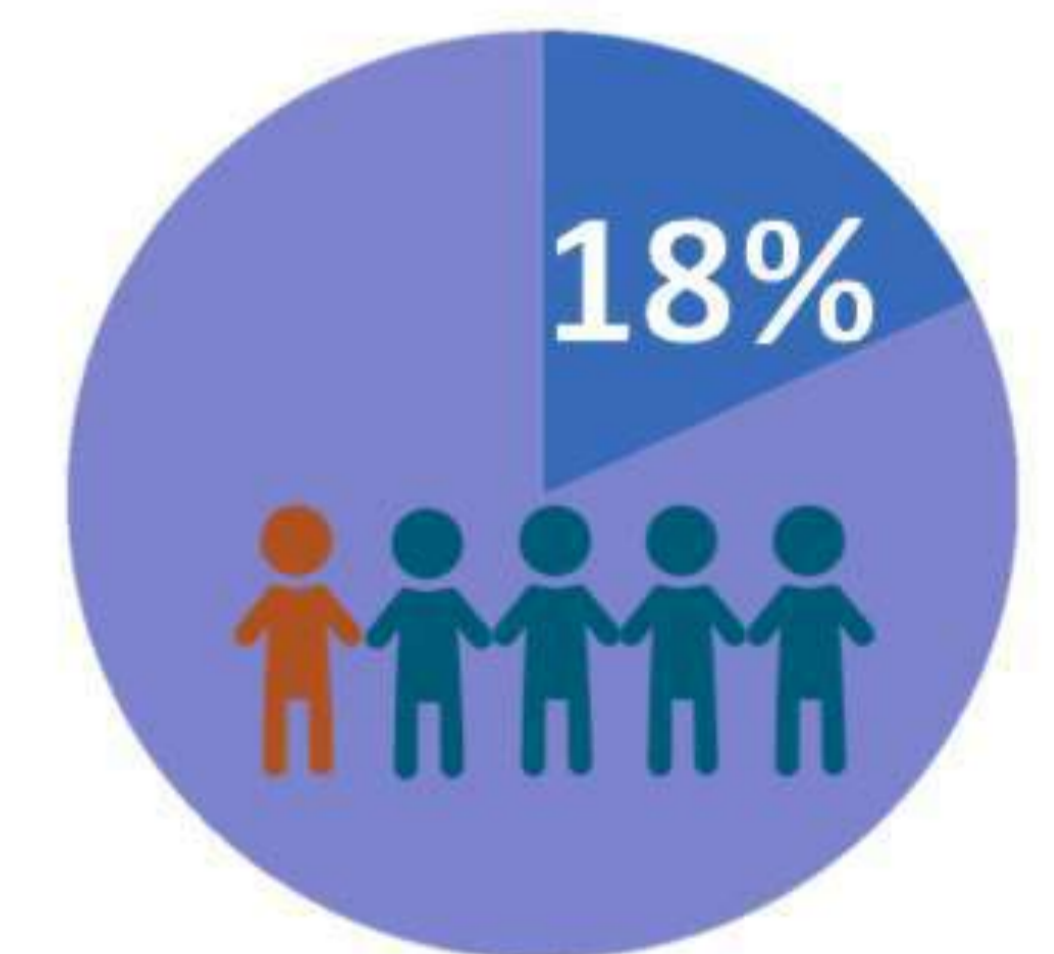
National Bureau of
Statistics, 2012



626,082

WHO estimation,
2014

Patients who received education



117,318

Primary Health Care
report, 2017

Conclusions: The education of hypertensive patients is a mandatory measure in primary health care, but it requires additional efforts to be implemented and provided so that it can have beneficial effects on patients' health.