HEALTH EDUCATION IN THE PREVENTION OF HYPERTENSION IN ADOLESCENCE: REPORT OF EXPERIENCE
EDUCAÇÃO EM SAÚDE NA PREVENÇÃO DE HIPERTENSÃO ARTERIAL NA ADOLESCÊNCIA: RELATO DE EXPERIÊNCIA
EDUCACIÓN PARA LA SALUD EN LA PREVENCIÓN DE LA HIPERTENSIÓN ARTERIAL EN LA ADOLESCENCIA: INFORME DE LA EXPERIENCIA

Amuzza Aylla Santos1, Bárbara Almeida Dutra2, Caroline Barbosa Santos3, Francislaine da Silva Brilhante4, Maurício Alves Fonseca5, Rodrigo Santos Barros6

ABSTRACT
Objective: to report on the importance of health education about hypertension in adolescence.
Method: a descriptive study, type experience report on an educational activity developed with a group of teenagers at the Institute of Education, Science and Technology of Bahia. 193 adolescents of both sexes, aged 13 to 20 years participated in the group. Blood pressure and guidelines about hypertension were performed from 25 to 27 April 2012.
Results: adolescents had many questions about hypertension and were unaware of the risk factors and prevention.
Conclusion: the experience has clarified the doubts and concerns of adolescents with regard to hypertension, as well as guided them about risk and prevention factors for the disease.

Descriptors: Health Education; Adolescence; Hypertension; Nursing.

RESUMO
Objetivo: relatar sobre a importância da educação em saúde acerca da hipertensão arterial na adolescência.
Resultados: os adolescentes tinham muitas dúvidas sobre a hipertensão arterial e desconheciam os fatores de risco e a prevenção.
Conclusão: a experiência permitiu esclarecer as dúvidas e anseios dos adolescentes com relação à hipertensão arterial, bem como orientá-los acerca dos fatores de risco e prevenção para a doença.

Descritores: Educação em Saúde; Adolescência; Hipertensão; Enfermagem.

RESUMEN
Objetivo: informar sobre la importancia de la educación para la salud sobre la hipertensión en la adolescencia.
Método: estudio descriptivo, tipo relato de experiencia en una actividad educativa desarrollada con un grupo de adolescentes en el Instituto de Educación, Ciencia y Tecnología de Bahía. Participaron en el grupo, 193 adolescentes de ambos sexos, con edades de 13 a 20 años. La medición de la presión arterial y las directrices sobre la hipertensión se realizaran entre el 25 y 27 de abril 2012.
Resultados: adolescentes tenían muchas preguntas sobre la hipertensión y no tenían conocimiento de los factores de riesgo y prevenición.
Conclusión: la experiencia ha aclarado las dudas y preocupaciones de los adolescentes con respecto a la hipertensión, así como orientarlos acerca de los factores de riesgo y prevención de la enfermedad.

Descriptores: Educación para la Salud; Adolescencia; Hipertensión; Enfermería.
INTRODUCTION

Hypertension is a major public health problem in developed and developing countries. The behavior of high blood pressure (BP) in the early stages of life has shown a strong relationship with hypertension in adulthood and this has aroused the interest of researchers to investigate the prevalence of high BP in childhood and adolescence, and the associated risk factors.\(^1\)

According to the World Health Organization (WHO), hypertension affects 600 million people and is responsible for 7.1 million deaths annually, which corresponds to 13% of global mortality. Epidemiological studies carried out in Brazil in the last decades have shown that the prevalence of hypertension in adults range from 22.3% to 43.9%, and in children and adolescents from 0.8% to 8.2%. In the later, the incorporation of blood pressure measurement in routine pediatric evaluation has allowed early diagnosis of secondary hypertension in asymptomatic individuals, as well as the early onset of primary hypertension, calling attention to the fact that this last form, predominant in adults, starts in childhood.\(^2\)

Among the many risk factors contributing to the development of hypertension in children and adolescents are included: the high initial levels of blood pressure, family history, obesity, physical inactivity, smoking and alcohol consumption. Longitudinal studies have shown that children with high levels of blood pressure are more likely to become adults with hypertension.\(^3\)

Actions of health promotion related to changes in lifestyle represent the possibility of more effective prevention of hypertension. Studies on the detection of risk factors in young populations are essential for monitoring individuals at greatest risk of disorders in adulthood.\(^4\)

When considering the high BP as a multifactorial problem affecting many population groups, it becomes essential to identify risk factors associated with high blood pressure in young people, in order to intervene early on them and minimize cardiovascular problems in adolescence and therefore in adult age.\(^5\)

The present study aims at:
- Discussing the importance of health education about hypertension in adolescence.

METHODOLOGY

Descriptive study, type of experience report, developed by a professor and a group of nursing students from the Federal University of Bahia, during the educational campaign on hypertension "I'm 12x8" on young people aged between 13 to 20 years. Data collection was performed at the Federal Institute of Education, Science and Technology of Bahia located in the municipality of Vitória da Conquista/BA. This action was taken in the week of the national campaign "I'm 12 x 8", which occurred from 25 to 27 April 2012.

To carry out this activity the blood pressure measurement was performed, as well as prevention guidelines on hypertension. 193 adolescents participated in the activity: 79 males and 114 females.

RESULT AND DISCUSSION

During a period of the year, the humanitarian campaign developed by the Brazilian Society of Cardiology together with the Ministry of Health, idealized as "I'm 12 over 8", has a broad meaning to the awareness of the population about the benefits of keeping blood pressure (BP) at appropriate levels and the risks of hypertension.

The experience internship held at the Federal Institute of Education, Science and Technology of Bahia in the campus Vitória da Conquista enabled learning based on the transmission of knowledge on the subject, in addition to blood pressure measurement of the students of the institute. Thus, we could observe from conversations during the act of measurement and dialogues conducted in educational lectures that this community knows that the ideal is to maintain a blood pressure at 12 over 8, but they do not know the importance of prevention and the factors that triggers it. Moreover, it can also be observed that the assisted adolescents during activity ignore which are the ideal blood pressure levels, as they have the belief that the measurement of their blood pressure is different from 120 over 80 mmHg, for more or less, they have a problem in blood pressure.

The students had many questions, because if at the moment of measurement was found BP 100 over 60 mmHg, they believed it to be low, or if measured BP 130 over 80 mmHg they showed up with an air of startled because they believed presenting hypertension. In this sense the activity turned more to the issue of health education, which was based on an informative and enlightening conversation.

One can still emphasize the lifestyle of adolescents surveyed, once it was possible to note by conversation that mostly had
Health education in the prevention of hypertension... inadequate nutrition, as well as the lack of any physical activity. The stress manifested itself as one of the most recurring complaints, this being the result of an exhaustive workload imposed by the institution, in which complain of demands from the teachers, and these the hard work that is based on dealing with them, in their majority. Thus, the stress influences on other forms of life in this community, thus causing problems in physical and mental health problems.

It was observed that the questions were always the same, showing a lack of knowledge of simple and important issues that need to be disseminated among adolescents. Therefore, there is the constant need of the institution to address the health issue to promote improved life quality of the community under study.

Life habits of adolescents occurred in many countries in the last century led to changes in the lifestyle of the population (adopting poor eating habits and physical inactivity) that favored the growth levels of obesity, diabetes and hypertension. Coupled to this context, the process of industrialization and technological development present in current society, contributed to a change in the leading causes of mortality and morbidity, with predominance of non-communicable diseases and injuries (DANTs) compared to infectious diseases.

Estimates show that the group of DANTs accounts for about 60% of deaths occurred worldwide, with cardiovascular diseases accounting for one in three deaths recorded by this group of diseases. In this sense, adolescence is characterized as period suitable for development interventional strategies aimed at fighting cardiovascular diseases, since there is evidence that these diseases may originate in this period of life. In addition, several risk factors of biological origin acquired in adolescence tend to persist into adulthood, emphasizing the risk of morbidity and mortality in adulthood.

The World Health Organization (WHO) considers the school as a suitable environment for the implementation of health promotion programs for the prevention of premature deaths and illnesses. However, studies on cardiovascular risk factors in Brazilian adolescents and/or scholars are scarce.

Not only biological changes, but in lifestyle, have occurred naturally according to the human evolution, resulting in characteristic changes of each period lived. Due to the instinctive quest for survival and for better life conditions, the framework in which the human being is inserted has changed, sometimes accelerated, sometimes slowly.

Life habits or lifestyles contribute significantly to the health maintenance, both in adults and in children and adolescents. Often, the control of risk factors related to lifestyle for certain diseases is part of proposed treatments, or helps delay the onset of diseases.

Worldwide, investigations are performed to demonstrate the importance of risk factors for hypertension in children and adolescents. This is the period in which the lifestyle is being structured, and could contain elements that would imply risks for developing diseases in adulthood.

CONCLUSION

Adolescents received guidelines on hypertension in order to alert them to the risk factors that can trigger the disease that most often is asymptomatic. Were instructed to adopt a more healthy diet with low levels of sodium and fat, physical activities, and eliminate habits as tobacco and alcohol consumption, and other factors that may cause hypertension.

This educational activity was providential enough to enlighten them on hypertension, despite being a subject that needs to be addressed in more detail, since it is a disease that affects a significant part of the population and the need to meet in order to prevent it. Actions like this are important in alerting adolescents to the disease development, as well as a number of complications that harm in adulthood - therefore, it must be performed educational activities for this audience begins to realize how important prevention is and the adoption of a healthy lifestyle.

REFERENCES


