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Clinical pharmacist's involvement in hypertension management among women in tertiary care hospital

Hypertension is an important risk factor for cardiovascular disease (CVD), affects 31% of adults (18 years and older) and contributes to coronary heart and cerebrovascular disease, the leading causes of death in women. The present study was to assess the effect of clinical pharmacist's education and involvement in management of hypertension among women population in a tertiary care setting. A prospective interventional study was conducted for a period of six months in OBG department of a tertiary care hospital. Self-designed questionnaires were used to collect patient demographic and medical details from women of age group 18-60 years. Participants were allocated randomly into test and control group. Student paired t test was used to compare the groups before and after the intervention. $p < 0.05$ was considered statistically significant. A total of 125 hypertensive women were enrolled in the study; 64 patients in test group and 61 in control group. On measuring the baseline blood pressure, the mean systolic blood pressure (SBP) was 13.4 mmHg in test group and 9.0 mmHg in control group. After intervention and education given through neatly prepared suggestions about exercise, diet management and life pattern. The mean SBP in test group was found to be 4.5 in test group and 7.5 in control group. The study was found to be significant with p value < 0.05 . The study highlights the pharmaceutical care provided by a clinical pharmacist achieved a significantly greater benefit in blood pressure reduction and control

Biography

Jeevana Jyothi has completed her B Pharmacy and M Pharmacy from Andhra University and PhD from Sri Padmavati Mahila Viswavidyalayam, India. She has teaching experience of 25 years and expertise in development of nanotechnology based drug delivery systems and novel formulations of anticancer drugs. Her contribution towards the development of formulation of targeted drug delivery systems of Curcumin and Tenoxicam helps the present miserable and prevalent problem of rheumatoid arthritis. She has published 19 research articles in Scopus indexed journals and one book entitled "Manual of Pharmaceutical Engineering". She has also served as the Head of the Department of Pharmacy, Sri Padmavati Mahila Viswavidyalayam from 2009-2012 and as BOS Chairperson during 2010 and 2013.

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