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### **Hypertensive and diabetic patients' delivery of care: the importance of group activity in health promotion**

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**Background and Aim:** The Vila Velha University Medical students, with the public health unity professionals, promote preventive actions to the assisted population. The aim of this study is to describe a continuous hypertensive and diabetic's patients follow-up managed through the HiperDia group.

**Method:** It was organized three HiperDia Group meetings, once a month, in the Health Unity. The blood pressure and the post-prandial capillary glycaemia were checked. The medical handbooks were analyzed and the renewal of medical prescriptions was done. The first meeting, there were ten participants. It was performed a dynamic Myths and Truths questioning and an Educational Table showing the quantity of salt and sugar found in some common foods. The second meeting, Alcoholism and Smoking were discussed, as both cause and accelerator of the disease's natural course. There were five patients. At the last meeting, it was discussed gastric complications for this assisted group, with fourteen patients present.

**Results:** Both activities, the Myths and Truths questioning, and the educational table, were well received by the patients, who showed involvement and interest. In all meetings, the students answered several eventual questions about possible future complications of these chronic illnesses, enhancing the patient's comprehension of Hypertension and Diabetes ramifications in cardiovascular, renal, pulmonary and digestive systems. The health team, especially the doctor, described the activity as a great channel to show the patients the importance of health habits choice, done in a quick, easy way, catching the patients' attention.

**Conclusions:** Lifestyle changes are a challenge for health professionals on treating their patients. These educational activities show that working in a team facilitates achieving success on improving patients' quality of life. Achievement of adherence and support from the patients is critical in management of these diseases progression, with direct impact of the patient's well-being.