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Monitoring risk of cardiovascular events, argument in increasing hypertensive patient compliance

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Background & Aim: Finding arguments personalized advice to ensure their compliance monitoring therapeutic hypertensive patient is a permanent challenge in family medicine. Framingham score - account the risk of major cardiovascular events in the next 10 years provides a good visual landmark in understanding the dynamics of their own health problems. **Method:** in May 2012, for the patient to "see" the size of their health problems was calculated score, from blood pressure and body mass index. Picture percentage of 26.4% compared with the normal 8.5% or 5.9% and the optimal vascular age over 85 years have made it more open to dialogue.

The patient was monitored clinically and paraclinically three months to six months, until March 2015. Framingham score was calculated every six months.

Results: The patient lost weight by 7% in six months, but it also has "seen" the abuse of salt, in December 2012 increased to 21.1% RCV (TA 150 / 110mmHg), then the average values of blood pressure were 135/85 mm Hg, pulse 70 bpm. Cholesterol reached 190mg / dl in December 2013. in March 2014 the patient is instructed in the technique of self-monitoring of blood pressure at home and at each visit presents diary.

Evolution is consistently favorable, with no complaints, although in June 2014 increase in weight again (quit exercise because you have to care for sick husband permanently), BMI 30.5 kg / m² in March 2015.

Conclusions: "View" health evolution increases the compliance of hypertension patients and ensure its optimal monitoring.