

HYPERTENSION AWARENESS CAMPAIGN

PROJECT NAME: KNOW YOUR BLOOD PRESSURE (COMMUNITY BASE)

PROJECT OVERVIEW

Hypertension occurs when the pressure in a person's blood vessel is too high (greater or equal to 140/90mmhg) is common but can be serious if not identified early and treated. This condition is termed as the silent killer as most persons with the condition do not have symptoms early to seek treatment

According to (STEPS, 2024), 19.1% of the adult population in Ghana are hypertensive, 50% of the adult population 18 years and above are unaware they have hypertension. hypertension complication has been identified as one of the leading causes of death in the district (annual cause of death report District Hospital 2024).

Goal

Reduce hypertension complication through early detection and prompt referral for care through screening and educating the adult population 18years and above in the community.

Objective

- to increase public awareness through intensification of education on hypertension, its risks, prevention, and management.
- to promote regular blood pressure monitoring
- to promote healthy behavior by counseling people to make lifestyle changes to prevent and manage hypertension

Targeted audience

community member age 18years and above within Ada East and beyond

PROJECT COMPONENT

- Free blood pressure checking for persons 18years and above
- checking of blood sugar (at a reduced price or free if is a sponsored)
- counselling and education on life style modification, nutrition, exercise, medication adherence, and on hypertension topics (risk factors, causes, prevention, complication management).
- referral of persons identified for having elevated blood pressure (known or unknown) to healthcare service and provide follow up support,

Activities carried out in 2024

Church screening and education: four churches namely Kasseh Pentecost, Kasseh roman, divine healers, Pentecost Easter conference, were visited in the district for screening and education on hypertension and diabetes from February to may once a month respectively

Market screening (static& mobile service) the two main market in the district (Kasseh and Ada) was visited for screening from July through to the ending of August 2024. Each market was visited four times once in a week the screening includes free blood pressure check and free blood glucose.

Screening at asafoutufiam festival. The screening took three days starting from the Saturday which is the main durbar to Monday.

Awareness creating health education on radio, CIC, group meeting, churches, market as well as individual counseling.

PROJECT EVALUATION

Figure 1.1 shows the various places the screenings were carried out and the percentages of people who showed up of the activity. The market had the highest percentage of 46% of the total screened of 2220.

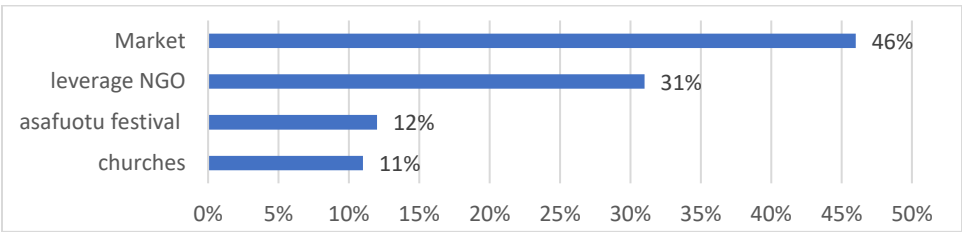


Figure 1.2 shows that, out of 2220 person that had their blood pressure checked. 497 representing 22.4% had high blood pressure reading, indicating that every 4 persons screened 1 high blood pressure reading.

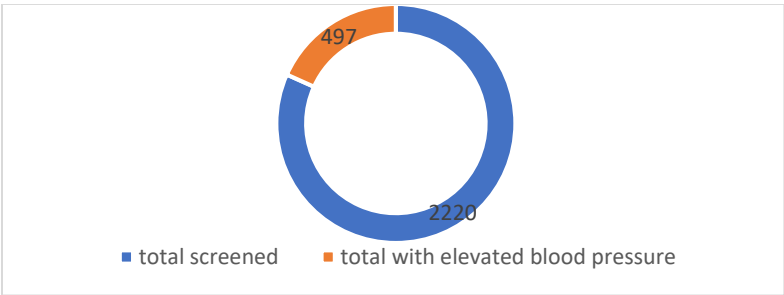


Figure 1.3 outlines the fact that almost 40% of the persons with high blood pressure reading were not aware

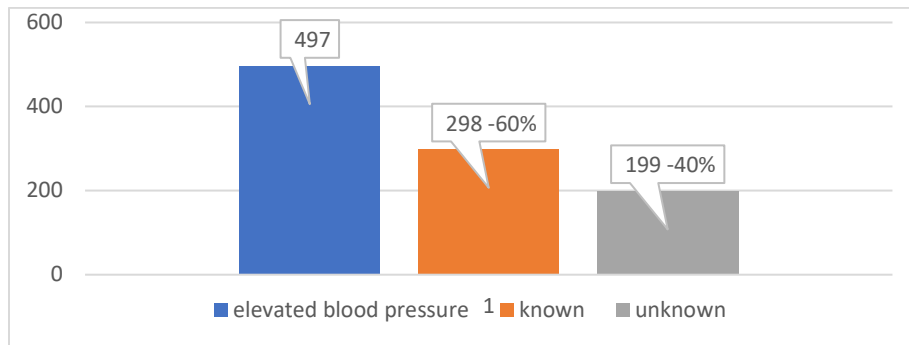


figure 1.4 shows out of the 298 persons who have been diagnosed of having high blood pressure, 207.11 persons representing 69.5% were not taking their medications regularly. Some of which have not taking the drug again since they were diagnosed. Living only 31.5% who most of them were seen to be aged. They were counselled on the need to adhere hypertensive medication. And lifestyle medication.

Referral and follow up

199 Persons with elevated blood pressure who were not aware were counselled and referred to the various health facilities for diagnosing and treatment and 207 persons who were not adhering to their medication were counselled on the need to adhere to the hypertensive medication, lifestyle modification, nutrition and regular medical review.

Client are mostly followed up through call and also link to CHN for follow during home visit.

Project support for 2024

- Ada District Hospital
- Ada noryamakpe
- Ada youth organization
- Leveraged on NGO that visit the district for other health activities to screen for hypertension example Rotary club, Tsalac foundation, emerge new woman foundation
- Leveraged on churches and groups that writes to the health facilities for health education to conduct hypertension screening.

Project sustainability

Continue leveraging on community activities, NGO activities, invitation from groups

Solicit for support from organization.

Continue working with committed health volunteers.

Pictures















