



ICHI and screening of Hypertension

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Abstract:

Hypertension is a basic life style disorder that leads to the high blood pressure primarily. Beginning from the raised blood pressure and leading to the complications like cardiac arrest or other malignant changes related to nephrotic, ocular etc. It reduces the quality of life. Hypertension can have various underlying reasons related to diet, sedentary life style, stress, etc. Due to these various reasons life has been affected and today it has incorporated into the lives of young people too and showing early signs and symptoms of cardiac diseases which is increasing the cases all over the world. According to the data of WHO 30.7% is the prevalence rate in INDIA. In India, health regulations are governed by the Ministry of health and family welfare. It is the main body responsible for making policies, regulating all health programs running throughout the country. There are various programs which are running currently in the country related to screening in 25 districts. This program is known as ICHI (India Hypertension Control Initiative). This initiative was introduced in 2017 and started from Punjab, Maharashtra, Madhya Pradesh, Telangana. This program is running in collaboration of ICMR with WHO with the action plan of reducing the no. of cases by 25% till 2025. It will also complement with other programs like diabetes, cardiovascular diseases and and stroke (NPCDCS). Aim of this program is to improve the detection of hypertension, all adults over the age of 18, should undergo opportunistic screening. And patient should be educated about the nature of this disease and its therapy, where there are able to improve or modify the conditions to reduce the BP and cardiovascular risk. These guidelines include age at screening, healthcare setting and availability of physicians, BP devices for measurement, etc, Implementation of screening program on hypertension will be focused on inviting the adults to the primary healthcare centers and recording the vitals in their card. Screening can be done by non medical workers like ANMs, or health workers but the staff should be trained.

The recording can be done through electronic machines but the errors should also be taken into consideration. Depending on the BP readings, people may be advised, for their annual check up or check up after 2 years. People with high blood pressure like having more than 180mmHg, will be referred to the primary healthcare centers. As hypertensive conditions are potentially life threatening with progressive target organ damaging cardiac, neurological, renal and other. All patients diagnosed with high blood pressure will be advised for life style attitudes changing advises like intake of low salt, cessation of smoking, tobacco chewing and alcohol.



Biography:

Dr. Himani is currently pursuing MBA in Health and Hospital administration from IIHMR, Jaipur, India. She is also doing Nutrition studies for public health from IGNOU, India. She is a member of HBR ascend and has been an intern with IMUN and president's office intern responsible for International relations. She is holding 3 years of clinical experience in dentistry and had been associated with private practice. She holds certificate of excellence in BDS, NSO Gold and won various other laurels like winner of Poster presentation on pediatric brushing techniques conducted by Colgate. She has also been a speaker at LONGDOM conferences where she presented on Healthcare access in remote areas, Pradanya International conference where she presented on, "The mindful athlete towards sustainable development goal and was also a part of international conclave on ethical leadership and values

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