



## Latest advancements in the field of hypertension and healthcare

**Humaira Ansari**

*International Society of Hypertension, India*

### Abstract:

Raised blood pressure is a risk factor for many diseases. The prevalence of hypertension is rising and it is estimated that by 2025, 60% of the global population will be hypertensive. The prevalence of hypertension is on the rise especially in low and middle income countries. In the year 2017, hypertension caused 218 million disability adjusted life years and 10.4 million deaths. Regular blood pressure monitoring is therefore very essential because the control and monitoring amongst hypertensive individuals is poor. This can be achieved by self-monitoring, regular visits to the doctor and the use of latest advancements in the field of hypertension and healthcare like digital technology.

Over the years the use of digital technology has improved rapidly. The pandemic has further increased the demand and made it even more necessary to use digital technology for managing various conditions including hypertension. Digital technology for monitoring hypertension include BP cuffs, cuff less devices, mHealth apps, telemonitoring and virtual clinics. Digital technologies help in improving assessment, treatment and control of hypertension by prescription of drugs, lifestyle change and behavioral education. However, digital technologies are accompanied by a set of advantages and disadvantages. Various health professionals like physical therapists, nutritionists, practitioners involved in prescription of drugs and public health professionals can use these for disease prevention and health promotion. The healthcare professionals should use these technologies effectively to get the most out of them.

There is wide scope for future research in this upcoming field. Development of apps and devices that are valid, accurate, of good quality and developed by experts that support machine learning and artificial intelligence will help in providing prediction models, thus helping in assessment, management and control of hypertension. Use of technology in healthcare will go a long way in reducing the burden of hypertension and associated comorbidities.



### Biography:

PhD Scholar (DST INSPIRE Fellow, Government of India) at Symbiosis International University. A physiotherapist and a public health professional with a keen interest in research. She has 6 years' experience as a Guest Lecturer in Maharashtra University of Health Sciences for 6 months. She completes her Masters in Savitribai Phule Pune University.

### Recent Publications:

1. Recent Trends and Advancement towards Phyto-Mediated Fabrication of Noble Metallic Nanomaterials: Focus on Silver, Gold, Platinum and Palladium (Springer)
2. Silver Nanoparticle Synthesis and Characterization from Leaf Extract of *Psoralea corylifolia* (Babchi)
3. Green Synthesis, Characterization and Antimicrobial Activities of Nickel Nanoparticles

Webinar on Hypertension, September 19, 2020, London, United Kingdom

**Citation:** Humaira Ansari, Latest advancements in the field of hypertension and healthcare, Webinar on Hypertension, September 19, 2020, London, United Kingdom.