

## Wpływ programu edukacyjnego na wyniki pomiarów antropometrycznych oraz ciśnienia tętniczego krwi u osób starszych z rozpoznaną chorobą niedokrwienną serca

### *The influence of the educational program on the results of anthropometric measurements and blood pressure in older people diagnosed with ischemic heart disease*

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#### Streszczenie

**Wstęp.** Istotnym czynnikiem rozwoju choroby niedokrwiennej serca jest otyłość oraz nadciśnienie tętnicze, które w połączeniu z wielochorobowością występującą u osób w wieku podeszłym stanowią poważny problem zdrowotny. **Cel.** Celem badań była ocena wpływu zrealizowanego programu edukacyjnego na zmianę wyniku pomiarów antropometrycznych oraz ciśnienia tętniczego u osób starszych leczonych z powodu choroby niedokrwiennej serca. **Materiał i metody.** Badaniem objęto 200 pacjentów w podeszłym wieku ze stwierdzoną chorobą niedokrwiennej serca, których podzielono na dwie grupy (A-edukowana oraz B-nieedukowana). Wśród pacjentów w grupie A przeprowadzono program edukacyjny, pacjenci z grupy B stanowili grupę kontrolną. Po 6 miesiącach dokonano oceny badanych parametrów. **Wyniki.** 60% pacjentów w grupie A oraz 59% osób w grupie B leczyło się z powodu nadciśnienia tętniczego. W badaniu pierwszym maksymalna wartość ciśnienia SBP w grupie A wynosiła 180 mmHg (SD = 15,25), zaś w badaniu drugim w grupie A1 (edukowana) 150 mmHg (SD = 10,51). Natomiast maksymalna wartość ciśnienia DBP w grupie A wynosiła 100 mmHg (SD = 9,19), zaś w badaniu drugim grupa A1 (edukowana) 90 mmHg (SD = 8,00). Średnia masa ciała oraz obwód pasa w grupach A i B wynosiły odpowiednio (83,79 kg; 97,99 cm; 82,22 kg; 97,31 cm), przy czym 138 kg i 130 kg to największa masa ciała w grupach A i B. Średnia masa ciała i obwód pasa w grupach A1 i B1 po 6 miesiącach wynosiły odpowiednio (83,25 kg; 97,78 cm; 82,84 kg; 97,35 cm), zaś 136 kg i 133 to największa masa ciała w grupach A1 i B1. **Wnioski.** Program edukacyjny wpłynął istotnie na poprawę wartości ciśnienia tętniczego. Otyłość oraz wskaźnik BMI nieznacznie poprawiły się w grupie edukowanej. *Geriatrics 2018; 12: 84-90.*

*Słowa kluczowe:* czynniki ryzyka, choroba niedokrwiennej serca, osoby starsze, edukacja

#### Abstract

**Background.** An important factor in the development of ischemic heart disease is obesity and arterial hypertension, which, combined with greater morbidity occurring in elderly people they are a serious health problem. **Aim.** The aim of the study was to assess the impact of the completed educational program on the change in the anthropometric and blood pressure results in older people treated for ischemic heart disease. **Material and methods.** The study involved 200 elderly patients with confirmed ischemic heart disease divided into two groups (A-educated and B-not educated). Among the patients from group A, an educational program was conducted, patients from group B constituted a control group. After 6 months, the parameters examined were evaluated. **Results.** 60% of patients in group A and 59% in group B were treated for hypertension. In the first study, the maximum SBP pressure in group A was 180 mmHg (SD = 15.25), while in the second study in the A1 group (educated) 150 mmHg (SD = 10.51). In contrast, the maximum DBP pressure in group A was 100 mmHg (SD = 9.19), while in the second study group A1 (educated) 90 mmHg (SD = 8.00). The average body weight and waist circumference of belt in group A and B were respectively (83.79 kg, 97.99 cm, 82.22 kg, 97.31 cm), 138 kg and 130 kg being the largest body mass in groups A and B. Mean body weight and waist circumference in groups A1 and B1 after 6 months were respectively (83.25 kg, 97.78 cm, 82.84 kg, 97.35 cm) and 136 kg and 133 are the largest body weight in groups A1

and B1. **Conclusions.** The educational program significantly affected the improvement of arterial blood pressure, obesity and BMI index slightly improved in the educated group. *Geriatrics 2018; 12: 84-90.*

*Keywords: risk factors, ischemic heart disease, the elderly, education*

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