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THE INFLUENCE OF THE SCHOOL OF HEALTH ON THE TREATMENT  
 OF PATIENTS ON THE EXAMPLE OF ARTERIAL HYPERTENSION

**Resume:** *The article "The influence of the School of Health on the treatment of patients on the example of Arterial Hypertension", written by interns of the 7th year of the JSC "S.D. Asfendiyarov National Medical University" Dosmaganbetova K.Y., Issa A. B. under the supervision of the assistant of the GPM-2 department Mikhailova I.E., provides an overview of the school of health, namely, its department dealing with arterial hypertension. The article includes statistical information about the participants, definition of the term "school of health", and information about its impact on the quality of treatment. On the basis of the obtained data, the analysis of dynamic changes in the population's literacy in issues of "management" of arterial hypertension, the well-being of patients, the frequency of seeking "emergency medical care" and the development of complications was carried out.*

**Key words:** *School of health, health-related quality of life, self-care first-aid, psycho-saving techniques*

**Introduction:**

The School of Health is a form of educational program for target groups of the population aimed at the primary problems of strengthening and maintaining health. Its purpose is to encourage patients to comply with medical recommendations, to form cooperation between the patient and the doctor, prevention of diseases and rehabilitation.

Clinical studies conducted by scientists from all over the world prove that there is a possibility of improving the prognosis and quality of life of patients with the diagnosis such as arterial hypertension (AH) against the background of adequate medical treatment, positive mood, and the desire of the patient to overcome the disease [1-4].

Assessing of patients' quality of life is one of the newfangled promising areas of clinical medicine. This parameter helps doctors to detect changes in the patient's state of health as early as possible. In addition, it makes possible to accurately represent the essence of the problem, make a choice in favor of the most reasonable therapeutic approach, and evaluate its effectiveness by parameters that are on the border of the subjective feelings of the patient and the science's objective medical point of view [5]. The quality of life consists of indicators that demonstrate social, household, financial issues and include such terms as: psychological stability, social activity and social opportunities, etc.

There is a concept that called "health-related quality of life", which is extremely important for assessing the impact of chronic illnesses on the quality of life of people, including patients with arterial hypertension [6-8].

To date, we have collected ambiguous information about the effectiveness of the School of Health, in particular, their impact on the quality of life of the population [9, 10], which prompted us to this study.

The purpose of the analysis is to prove the need for the opening of a school for teaching patients with arterial hypertension and improving their quality of life.

The tasks are to identify how well individuals with a history of hypertension are informed about their disease and risk factors for the development of this pathology, as well as its complications; to track the dynamics of changes in the patients' quality of life after the study.

**Materials and methods**

The research was carried out on the basis of the Almaty city polyclinic No. 36, where the School of Health has been functioning since 2018.

It included 324 (65.3% female, 34.7% male ) participants between January 20 and March 3, 2021, and 187 of them were newly diagnosed hypertension cases. 77.3% of patients were older than 50 years, 22.7% were younger than 50 years.

The study mainly consisted of a survey of patients at the beginning and in the end of classes. To be exactly: an evaluation of the quality of life according to the WHO criteria and the importance of the School of Health in improving it; an assessment of patients' literacy in relation to risk factors for high blood pressure, their detection as well as the level of dependence on smoking and alcohol drinking;

**The main objectives and principles of the School of Health in working with patients with Arterial Hypertension**

- ✓ To configure the main idea of personal responsibility for the course of arterial hypertension
- ✓ To increase the motivation of patients to improve the quality of health and adherence to therapy
- ✓ To change the lifestyle of patients in order to eliminate risk factors and complications of the disease
- ✓ To teach people practical skills such as measuring blood pressure, heart rate, and keeping a self-monitoring diary
- ✓ To teach people how to provide self-care first-aid in cases of hypertensive crisis (HC)

**Results**

The results of the research established the fact that patients had the following difficulties before they had had classes at the School of Health (Department of an Arterial Hypertension):

- ✓ Lack of knowledge on risk factors and their correction (90%);
- ✓ Underestimation of the effectiveness of antihypertensive therapy (87%);
- ✓ Lack of desire for cooperation with a doctor in the treatment and prevention of the disease (65%).

The results of the questionnaires showed that after studying at the School of Health participants

- became more informed about their health status and risk factors (awareness increased to 100%);
- became more careful about their condition - they purchased blood pressure monitors and began measuring blood pressure regularly (89%), compliance to the schedule of taking medications also increased (83% vs. 46%);
- started following diet No.10 (89% vs. 18%) and controlling body weight (90%);
- were less likely to experience HCs (25% vs. 82%)
- have become less likely to seek an ambulance, as they have learned ways of stopping a hypertensive crisis at an early stages (47%).

Most of the patients rated their health as "satisfactory" after the classes at the School. 91% of them indicated an improvement in the life quality.

Many came to the conclusion that there is a need to break bad habits, such as overeating (63%), sedentary lifestyle (20%), smoking (56%) and alcohol drinking (40%). These decisions resulted in decrease of the HC's rate from 76 to 28%.

### **Discussion and conclusion**

Monitoring the life quality of people with the arterial hypertension has its own distinctive features. Analysis of the data showed that there is a pattern of influence of the social characteristics of patients' lives and their psychological characteristics on the occurrence and course of AH [11, 12]. The establishment of psychological characteristics of people plays an important role in the further corrective effect on the state of their body, which is important in today's busy everyday life. The degree of information load has risen, and the number of stressful circumstances that are important to a person has increased too. According to the considerations of various scientists, the frequency of cases of hypertension increases in densely populated areas, where the rhythm of life is at an accelerated pace, and the emotional strain is beyond reasonable bounds.

Based on psychogenic causes pathogenesis of high blood pressure may change in the future, despite the absence or existence of traumatic conditions in the present. Psychological deviations related to hypertension results in communication difficulties, this leads to an exacerbation of the disease [13].

Now it is obvious how the vicious circle is formed - psychological disorders entail somatic diseases, and they in turn, worsen the first ones. This affects the quality of life of patients by exacerbating the personal response to the disease. For this reason, when forming a School of Health, much attention is needed to be paid to psychological approaches.

In addition, during teaching patients with AH it was necessary not to forget about the differences in the study groups by intellectual, social and cultural levels, emotional and mental states, the initial level of knowledge and "self-care first-aid" practical skills.

And as the vast majority of participants were over 50, the age was also taken into account, for the reason of their "well-established" psychological stereotypes like value, behavioral and professional stereotypes. All of these leads to a decrease in adaptability, memory ability, and energy resources.

Doctors and nurses of the school were constantly checking the patients for the level of psychological calm and desire for learning. The School was aimed at each individual patient, so psycho-saving technique was used. This method leading to a favorable outcome is based on cooperation, support for each other and trust.

### **Conclusion**

1. The School of Health is an effective method used in the detection, screening, secondary prevention of arterial hypertension and it's complications, through turning it into a more controlled one, by increasing patients' adherence to therapy. As a result: a reduction in the number of disabilities is noted.

2. Involvement of the population in the program of the School of AH:

- generates an incentive to follow a healthy lifestyle;
- promotes the development of skills for self-monitoring of the disease;
- reduces the number of hypertensive crises;
- improves the quality of life.

3. Creation of therapeutic enlightenment in the School of Health implies the widespread use of psycho-saving techniques that are based on the mutual trust, the avoidance of emotional overload of patients, the maintenance of psychological health, and these equally with drug therapy, contribute to improving the quality of life.

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#### ВЛИЯНИЕ ШКОЛЫ ЗДОРОВЬЯ НА ЛЕЧЕНИЕ ПАЦИЕНТОВ НА ПРИМЕРЕ АРТЕРИАЛЬНОЙ ГИПЕРТЕНЗИИ

**Резюме:** В статье «Влияние школы здоровья на лечение пациентов на примере артериальной гипертензии», написанной интернами 7-го курса НАО «Национального Медицинского Университета им. С.Д. Асфендиярова» Досмаганбетовой К.Е., Иса А.Б под кураторством ассистента кафедры ВОП-2 Михайловой И.Е., представлен обзор на школу здоровья, а именно на ее часть,

занимающуюся артериальной гипертензией. Собраны статистические сведения об участниках, дано определение термина «школа здоровья» и рассмотрено её влияние на качество лечения пациентов. На основе полученных данных проведен анализ динамических изменений по части грамотности населения в вопросах «управления» артериальной гипертензией, самочувствия пациентов, частоты обращения за «скорой медицинской помощью» и развития осложнений.

**Ключевые слова:** Школа здоровья, качество жизни, связанное со здоровьем, самопомощь, психосберегающие методики.

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### **АРТЕРИАЛЫҚ ГИПЕРТЕНЗИЯ МЫСАЛЫНДА НАУҚАСТАРДЫ ЕМДЕУГЕ ДЕНСАУЛЫҚ МЕКТЕБІНІҢ ӘСЕРІ**

**Түйін:** КЕАҚ "С.Ж.Асфендияров атындағы Ұлттық Медицина Университетінің" ЖТД-2 кафедрасының ассистенті И.Е. Михайлованың жетекшілігімен 7-курс интерндері К. Е. Досмағанбетова, А. Б Иса жазған "Артериялық гипертензия мысалында науқастарды емдеуге денсаулық мектебінің әсері" мақаласында артериялық гипертензиямен айналысатын денсаулық мектебіне шолу жасады. Қатысушылар туралы статистикалық мәліметтер жиналды, "денсаулық мектебі" терминінің анықтамасы беріліп, оның пациенттерді емдеу сапасына әсері қарастырылды. Алынған деректер негізінде артериялық гипертензияны "бақылау" мәселелеріндегі халықтың сауаттылығы, пациенттердің көңіл-күйі, "жедел медициналық көмекке" жүгіну жиілігі және асқынулардың дамуы жөніндегі динамикалық өзгерістерге талдау жүргізілді.

**Түйінді сөздер:** Денсаулық мектебі, денсаулыққа байланысты өмір сапасы, өзіне-өзі көмек, психосақтау әдістері.