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6. Kadri SS, Rhee C, Strich JR, et al. Estimating ten-year trends in septic shock incidence and mortality in United States academic medical centers using clinical data. *Chest* 2017; p-251-278.

EFFECTIVE CONTROL AND DISPENSARY SUPERVISION OF HYPERTONIC DISEASE IN THE CONDITIONS OF A FAMILY POLYCLINIC AND A RURAL MEDICAL FACILITY

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The majority of hypertensive patients (HD) are persons with an early stage of the disease, who account for more than half of all complications of cardiovascular diseases - cerebral stroke, myocardial infarction, fatal heart rhythm disturbances, the formation of heart failure and chronic renal failure. Only 37.1% of men and 58.9% of women are informed that they have a disease, only 21.6 and 46.7% are treated, including 5.7 and 17.5% effectively, respectively. Risk factors for diseases of the heart and blood vessels, being potentially dangerous for health - bad habits, food addiction, behavior and social lifestyle of a person, increase the likelihood of developing diseases, their progression and unfavorable outcomes. Therefore, long-term population programs to combat HD are becoming very relevant. Effective control and dispensary observation of patients with hypertension presupposes not only the correctness of medical prescriptions, but also the correction of the main risk factors closely related to the lifestyle.

Purpose of the study. Improving the effectiveness of prevention, treatment and dispensary observation of hypertension in primary care by educating patients in "schools for hypertensive patients".

Materials and methods: 236 hypertensive patients were questioned and examined. Of these, the main group ($n=122$) completed the training course, and some of the comparison group ($n=114$) did not participate in the educational program.

Results and discussion: In patients of the main group, in contrast to the comparison group, there was a positive dynamics in the lipid spectrum: the number of patients with hypertriglyceridemia decreased from 19.6% to 11.4% ($p<0.001$); hypercholesterolemia of low density lipoproteins from 56.5% to 27.0% ($p<0.001$). After training, all patients of the main group stopped drinking alcohol; out of 13 (10.6%) 5 (4.0%) people quit smoking, physical inactivity was noted in 85 (69.6%) before training and 30.3% after training ($p<0.001$); the number of patients with impaired glucose tolerance decreased from 9.8% to 1.6% ($p<0.001$); excessive consumption of sodium chloride more than 5-6 g / day was observed before training in 10 (8.1%) and after training only in 3 (2.4%) ($p<0.001$). Along with this, significant changes were noted in the clinical picture of the disease of the patients who had undergone training: dizziness and headaches began to appear less often, and a tendency to decrease in shortness of breath during exercise was observed. The course of hypertension was accompanied by a significant decrease in the frequency of hypertensive crises from 32.7% to 3.2% ($p<0.001$) in the group of patients included in the educational program.

Conclusion: A necessary condition for effective treatment of hypertensive patients from the perspective of chronopharmacology is their active participation in the diagnostic and treatment process. Teaching patients in the "school of hypertensive patients" self-control skills and adherence to lifestyle change measures helps to increase patient awareness and compliance with antihypertensive therapy, achieve target blood pressure levels, reverse the development of left ventricular myocardial hypertrophy and secondary prevention of cardiovascular diseases.

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