

EVENT-WORLD HYPERTENSION DAY OBSERVATION

DATE- 17thMAY 2024

LOCATION-CDSIMER

OBJECTIVES

- Raise awareness about hypertension
- Encourage people to get their blood pressure checked
- Promote healthy lifestyle choices for managing hypertension

DESCRIPTION

Dr. Shashi Kumar assistant professor, department of general medicine delivered talk addressing the theme for the current year “Measure your blood pressure accurately Control it, live longer.” Talk was held on topics related to hypertension such as causes, symptoms, risks and prevention strategies. A special emphasis was given on DASH diet.

Interactive activities were conducted to engage the audience and promote healthy habits. Hypertensive patients were educated about healthy eating and importance of physical activity.

Question and answers session was held in recognition of World Hypertension Day among general public. The session aimed to raise awareness about hypertension, its risk factors and preventative measures.

OUTCOMES

- Increased awareness about hypertension among the participants.
- Increased number of people getting their blood pressure checked.
 - Improved knowledge about healthy life style choices for managing hypertension.

FUTURE PLANS

- Collaboration with other departments to screen for hypertension.



- Utilize social media platforms to increase awareness.
- Partnership with community medicine department to screen for hypertension at community level.
- To establish hypertension clinic.