134 - EVALUATION OF BLOOD PRESSURE OF SCHOOL OF BASIC EDUCATION OF A PUBLIC SCHOOL OF SANTANA'S IPANEMA, ALAGOAS, BRAZIL

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1. PRESENTATION

Increasingly we hear of chronic diseases, and ever earlier these diseases have arisen, our health units are overcrowded with patients with these diseases, Hypertension one of those responsible for a large number of carriers.

For the Ministry of Health (BRAZIL, 2002) diseases of the heart and vessels such as acute myocardial infarction, sudden death, stroke, acute pulmonary edema and renal failure in Brazil are the leading cause of death (24 7%), and in many of these pathologies is the basic cause hypertension. According to the IV Brazilian Guidelines on Hypertension signs of Hypertension may go unnoticed and may be called the same silent killer. (BRAZIL, 2002).

Because it is a disease that has no obvious signs and in many cases only seek doctor when we feel pain, this disease is silently attacking children and adolescents worldwide.

In children and adolescents, according to the Brazilian Society of Hypertension (Brazil 2002), the prevalence of hypertension vary from 2% to 13%, with mandatory annual or semiannual measure blood pressure from the age of three, in addition to normal evaluation in practice. It also recommended the routine measurement of blood pressure in the school environment.

The WHO considers as the upper limit of pressure 160/95 mmHg. Vascular complications of hypertension are consequences of high blood pressure and atherosclerosis associated.

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A transient rise in BP observed during arousal or seizure is not considered hypertensive disease. However maintained systolic hypertension may reflect aortic atherosclerosis or arteriosclerosis.

Hypertension is an important and preventable cause of cardiovascular disease. The untreated hypertension accelerates the development of heart failure, coronary artery disease, angina, myocardial infarction, stroke, bleeding and thrombotic and renal failure. The prevention of the complications of hypertension through behavior therapy and anti-hypertensive medication is one of the biggest challenges in public health.

The Hypertension is already recognized as a public health problem in view of the morbidity and mortality and a significant increase in spending for the treatment of hypertensive or more consecutive common sequelae such as myocardial infarction and cerebral vascular accident.

For the Ministry of Health, Hypertension prevalence is estimated at about 20% of adults older than 20 years, and strong relationship with 80% of cases of stroke and 60% of cases of ischemic heart disease. It constitutes, without doubt, the main risk factor for cardiovascular disease, the main cause of death, stroke, and has resulted in uncontrolled hypertension. Ministry of Health (BRAZIL, 2002).

2. BACKGROUND

The primary hypertension is observed in approximately 95% of cases of hypertensive disease. The condition is common, occurring in 10-15% of white adults and 20-30% black. In children and adolescents the estimated prevalence is 2-13% Essential hypertension occurs frequently between 25 and 55 years of age. In the family history data are generally suggestive of hypertension (stroke, sudden death, heart failure. Pathogenesis of essential hypertension is probably multifactorial, with genetic actors play an important role in its genesis. Children with one or both parents hypertensive tend to have high levels of blood pressure early.

By the numbers cited above, the magnitude, transcendence and vulnerability presented by pathology, justified actions tracking of hypertension in children as a way of preventing disease and promoting health and ultimately reduce the cost of health care. Cecil-Loeb (1998)

The proposed project intends to expose the problem of hypertension in children making an initial diagnosis and this could contribute and serve as a warning to health professionals and other areas can take action and propose systematic actions to make an early diagnosis to prevent future complications consecutive Installation chronic degenerative disease

The main significance lies in the preventive aspects of hypertensive disease in children, and this way we contribute to the reduction of morbidity and mortality as well as reducing costs for health care.

3. TARGET AUDIENCE

This project aims at the development of such shares at the Municipal School of Basic Education Santa Sofia, located in the neighborhood of Camoxinga, Rua Santa Sofia, municipality of Santana do Ipanema, Alagoas, Brazil.

Want to work with 20% of students from 6th to 9th grade of elementary school afternoon and evening.

4. OBJECTIVES

GENERAL:

Develop social action research, benchmarking Hypertension in children and adolescents, aged 8-16 years, entered the school hall aforementioned elementary school in the city of Santana do Ipanema.

SPECIFIC:

Making the diagnosis of hypertension;

Make presentations to parents and students about Hypertension;

Forward to treat all reporting signs above those considered normal.

5. METHODOLOGY

5.1 STUDY POPULATION:

The aim - to study a sample of 20% of children and adolescents enrolled in the educational institution mentioned above, students of both sexes aged 08-16 years.

5.2 SELECTION CRITERIA:

Will be included in this study, people who met the following requirements:
Being a student regularly enrolled in the educational institution;
Submit chronic disease - like hypertension or degenerative symptoms of the disease prone;
To express interest in participating.

5.3 DATA COLLECTION:

We intend to perform the initial data collection in November 2012. The interviews will be conducted by students study authors. We intend to perform these procedures within the school.

5.4 PRACTICE TIME:

Initially we intend to conduct an interview, which abordoremos questions about age, weight, manner in which physical activity is doing, if you have any disease, if family members have some disease, proper attire, liquid intake during physical activity and proper nutrition to maintain losing and gaining weight.

At other times we want to give a talk to parents and students about physical activity and healthy eating.

We start times with dynamic presentation, followed by a round of conversation, where we intend to address various topics, including physical activity and hypertension, the relationship of hypertension with diabetes, the importance of stretching, the use of proper attire and fluid intake and physical activity for improving the quality of life and issues of interest to all, where they will have the opportunity to say what they are feeling.

5.5 INSTRUMENT FOR DATA COLLECTION:

It will be used for data collection complete a medical history, consisting of the following data:
Identification;
Diagnoses and treatment data;
Physical activity;

Meaning of quality of life; interference of chronic disease on quality of life in different aspects: work / study / home activities, relationship with family and friends, recreation and leisure, physical capacity, independence / self-care and self-system and other .

The form included open and closed questions designed to obtain the subjective data related to the subject, allowing the free verbalization by the respondent.

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EVALUATION OF BLOOD PRESSURE OF SCHOOL OF BASIC EDUCATION OF A PUBLIC SCHOOL OF SANTANA'S IPANEMA, ALAGOAS, BRAZIL.

ABSTRACT

The research project aims to expose the problem of hypertension in children making an initial diagnosis and this could contribute and serve as a warning to health professionals and other areas can take action and propose systematic actions to make early diagnosis avoiding future complications consecutive the installation of chronic degenerative disease

This project aims at the development of such shares at the Municipal School of Basic Education Santa Sofia, located in the neighborhood of Camoxinga, Rua Santa Sofia, municipality of Santana do Ipanema, Alagoas, Brazil.

Want to work with 20% of students from 6th to 9th grade of elementary school afternoon and evening.

The aim - to study a sample of 20% of children and adolescents enrolled in the educational institution mentioned above, students of both sexes aged 08-16 years.

Initially we intend to conduct an interview, which abordoremos questions about age, weight, manner in which physical activity is doing, if you have any disease, if family members have some disease, proper attire, liquid intake during physical activity and proper nutrition to maintain losing and gaining weight.

We start times with dynamic presentation, followed by a round of conversation, where we intend to address various topics, including physical activity and hypertension, the relationship of hypertension with diabetes, the importance of stretching, the use of proper attire and fluid intake and physical activity for improving the quality of life and issues of interest to all, where they will have the opportunity to say what they are feeling.

KEYWORDS: physical activity, health and quality of life.

ÉVALUATION DE LA PRESSION DU SANG DE L'ÉCOLE DE L'EDUCATION DE BASE DE L'ÉCOLE PUBLIQUE DE IPANEMA SANTANA, ALAGOAS, BRÉSIL.

RÉSUMÉ

Le projet de recherche vise à exposer le problème de l'hypertension chez les enfants qui font un diagnostic initial, ce qui pourrait contribuer et servir d'avertissement aux professionnels de la santé et d'autres secteurs peuvent prendre des mesures et proposer des mesures systématiques pour faire le diagnostic précoce d'éviter de futures complications consécutives l'installation d'une maladie dégénérative chronique

Ce projet vise le développement de ces actions à l'École Municipale de Sofia Basic Education Santa, situé dans le quartier de Camoxinga, Rua Santa Sofia, ville de Santana do Ipanema, Alagoas, Brésil.

Vous voulez travailler avec 20% des élèves de 6e à 9e année de l'école élémentaire après-midi et le soir.

L'objectif - d'étudier un échantillon de 20% des enfants et adolescents inscrits dans l'établissement d'enseignement mentionné ci-dessus, les étudiants des deux sexes âgés de 08-16 ans.

Au départ, nous l'intention de mener une interview, ce qui abordoremos questions sur l'âge, le poids, la manière dont l'activité physique est fait, si vous souffrez d'une maladie, si les membres de la famille ont une maladie, une tenue correcte, les prises de liquide pendant l'activité physique et une nutrition appropriée pour maintenir perdre et de prendre du poids.

Nous commençons fois avec présentation dynamique, suivie d'un tour de la conversation, où nous avons l'intention d'aborder divers sujets, y compris l'activité physique et l'hypertension, la relation de l'hypertension avec le diabète, l'importance des étirements, l'utilisation de vêtements appropriés et un apport hydrique et l'activité physique pour améliorer la qualité de vie et les questions d'intérêt pour tous, où ils auront l'occasion de dire ce qu'ils ressentent.

EVALUACIÓN DE LA PRESIÓN ARTERIAL DE LA ESCUELA DE EDUCACIÓN BÁSICA DE UNA ESCUELA PÚBLICA DE IPANEMA SANTANA, ALAGOAS, BRASIL

RESUMEN

El proyecto de investigación tiene como objetivo exponer el problema de la hipertensión en los niños haciendo un diagnóstico inicial, lo que podría contribuir y servir como una advertencia a los profesionales de la salud y otras áreas puede actuar y proponer acciones sistemáticas para hacer un diagnóstico precoz para evitar complicaciones futuras consecutivo la instalación de la enfermedad degenerativa crónica

Este proyecto tiene como objetivo el desarrollo de las mismas en la Escuela Municipal de Educación Básica Sofía Santa, ubicado en el barrio de Camoxinga, Rua de Santa Sofía, en el municipio de Santana do Ipanema, Alagoas, Brasil.

¿Quieres trabajar con un 20% de los estudiantes del 6 al 9 º grado de la escuela primaria por la tarde y por la noche.

El objetivo - para estudiar una muestra de 20% de los niños, niñas y adolescentes matriculados en la institución educativa se ha mencionado anteriormente, los estudiantes de ambos sexos de 08-16 años.

Inicialmente la intención de realizar una entrevista, que abordoremos preguntas sobre la edad, el peso, la forma en que la actividad física está haciendo, si usted tiene alguna enfermedad, si los miembros de la familia tienen alguna enfermedad, vestimenta adecuada, la ingesta de líquido durante la actividad física y la nutrición adecuada para mantener perder y ganar peso.

Empezamos veces con presentación dinámica, seguida de una ronda de conversaciones, donde tenemos la intención de abordar varios temas, incluyendo la actividad física y la hipertensión, la relación de la hipertensión con diabetes, la importancia de los estiramientos, el uso de vestimenta adecuada y la ingesta de líquidos y la actividad física para la mejora de la calidad de vida y temas de interés para todos, donde tendrán la oportunidad de decir lo que sienten.

AVALIAÇÃO DA PRESSÃO ARTERIAL DE ESCOLARES DO ENSINO FUNDAMENTAL DE UMA ESCOLA PÚBLICA DE SANTANA DO IPANEMA, ALAGOAS, BRASIL.

RESUMO

O projeto de pesquisa pretende expor o problema da hipertensão em crianças fazendo um diagnóstico inicial e este poderá contribuir e servir de alerta para que os profissionais de saúde e de outras áreas possam tomar atitudes e propor ações sistemáticas para fazer o diagnóstico precoce evitando complicações futuras consecutivas à instalação de doença crônico-degenerativa.

Este projeto busca o desenvolvimento de tais ações na Escola Municipal de Educação Básica Santa Sofia, localizada no bairro da Camoxinga, na Rua Santa Sofia, no município de Santana do Ipanema, Alagoas, Brasil.

Pretende trabalhar com 20% de escolares do 6º ao 9º ano do ensino fundamental vespertino e noturno.

Pretende - se estudar uma amostra composta por 20% das crianças e adolescentes, regularmente matriculados na instituição de ensino já mencionada, alunos de ambos os sexos com idades de 08 a 16 anos.

Inicialmente pretendemos realizar uma anamnese, a qual abordará questões sobre idade, peso, forma na qual está fazendo atividade física, se possui alguma doença, se os familiares possuem alguma doença, vestimenta adequada, ingestão de liquido durante as atividades físicas e nutrição adequada para manter, perder e ganhar peso.

Iniciaremos os momentos com dinâmicas de apresentação, seguida de uma roda de conversa, onde pretendemos abordar diversos temas, como atividade física e hipertensão, a relação da hipertensão com o diabetes, a importância do alongamento, do uso da vestimenta adequada e da ingestão de líquido e da atividade física para a melhoria da qualidade de vida e assuntos de interesse de todos, onde eles terão a oportunidade de falar o que estão sentindo.

PALAVRAS – CHAVE: atividade física, saúde e qualidade de vida.