ABSTRACT

Over the last two decades there is a tremendous change in the practice of pharmacy profession around the world. From the routine product services, now pharmacists are involved themselves in the more areas of individual patient’s and community health. Cardiovascular diseases are prominent determinant of death’s in the world, and are augmenting due to changing life styles and ageing population. Patient counseling in hypertension patient care pertaining to lifestyle changes, i.e. non-pharmaco-logical approach and pharmacological approaches were helpful to decrease the further complications of cardiovascular diseases. KAP of the community, paramedical personnel (pharmacist) and QOL plays very important role in hypertensive patients.

In this qualitative intentionality work to determine high BP patients’ KAP and lifestyle practices to decrease the treatment needs & increase the life span of patient with regular check up of their health condition. A consociate of 123 randomly selected hypertensive patients, and pretested questionnaires were used and patient counseling was done. Analysis was done by SPSS and chi-square.

The drug specialist intervened patient directing of patients experiencing hypertension was contemplated in 123 patients and its hugeness was attempted with matched 't' test. There was noteworthy improvement (increment) in their Knowledge, Attitude furthermore Practice (P<0.001). For adherence to meds, Morisky scale was used. In all overviews it was uncommonly huge with qualities (P<0.001, P<0.05, P<0.001, P<0.001). In the event that there ought to be an event of individual fulfillment of hypertensive patients a suitably delineated and acknowledged Quality of life survey (QOL) of hypertension was used to evaluate the Quality of life. Patients were then prompted at resulting meet-ups, in the midst of their two month intercession period. After the fulfillment QOL of intervention scores of patients were measured using the same QOL survey. The practicality of coordinating on test assembling and control bundle patients was evaluated by taking a gander at the QOL values former and afterward subsequently prompting by applying coordinated case "t" test. Drug specialist gave directing is powerful in enhancing QOL of patients towards the hypertension administration.