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Short Communication

Awareness about Hypertension in biotechnology students

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Hypertension can be regarded as one of the most important causes of morbidity worldwide. It is actually due to elevation in the blood pressure levels which is the result of rise in diastolic and systolic pressures. A survey was carried out in the form of questionnaires among biotechnology students. The resultant percentage of both males and females was enough to conclude that the students were truly aware about the causes of the disease.

Keywords: Hypertension, blood pressure, questionnaire, etiology

INTRODUCTION

Hypertension is actually one of the major substantial causes of death all over the world. It can be prevented by modifying the manner of living or by suitable medicinal treatment. (Kokubo et al., 2015). It is determined by the levels of blood pressure in the body. Blood pressure is actually the measure of diastolic (the blood pressure due to relaxation of the ventricles after which the contraction of heart occurs while the chambers of heart refill with blood) and systolic pressures (the blood pressure during the contraction of left ventricle of the heart) when measured in (mmHg) i.e millimeters of mercury. Both of these pressures have their well defined top limits when considering it normal and rise in either one or both of these pressure limits is the cause behind hypertension. Primary hypertension also known as essential and secondary hypertension are the two main cases of hypertension. Primary hypertension is the form of hypertension with no

acknowledgeable reason and it underlies a huge number of patient's i.e 90-95%. In order to treat primary hypertension proper drugs are also required in addition to alteration in the lifestyle. (NCGC (UK) 2011).

The basic aim of this survey was to provide the knowingness of biotechnology students about the hypertension.

MATERIALS AND METHODS

A questionnaire was developed to check Awareness about hypertension among biotechnology students. It was consisted of 15 questions. Inclusion criteria were for the students of M.phil to check awareness of postgraduate biotechnology students about hypertension and exclusion criteria was not for the students of B.s (hons).

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Table 1: Questionnaire to evaluate awareness about etiology of Hypertension

<u>Hypertension</u> is a	Yes	No
1. Viral disease		
2. Bacterial disease		
3. Fungal disease		
4. Genetic disease		
5. Metabolic disease		
Ever suffered from <u>Hypertension</u>		
6. You		
7. Your family		
8. Your relative		
9. Your neighbor		
10. Your friend		
<u>Hypertension</u> is transmitted by		
11. Contacts or blood transfusion		
12. From parents to offspring		
<u>Hypertension</u> may be treated by		
13. Medicines		
14. Surgery		
15. Do not worry, it is easily curable		

Table 2: Awareness about causes of hypertension: Views of biotechnology students

Questions	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
1. Viral disease	0%	100%	0%	100%	0%	100%
2. Bacterial disease	0%	100%	0%	100%	0%	100%
3. Fungal disease	0%	100%	0%	100%	0%	100%
4. Genetic disease	66.66%	33.33%	87.5%	12.5%	84.21%	15.79%
5. Metabolic disease	66.66%	33.33%	56.2%	43.7%	57.89%	42.11%
Ever suffered from Hypertension						
6. You	16.6%	83.3%	37.5%	62.5%	34.21%	65.79%
7. Your family	16.6%	83.3%	71.87%	28.13%	63.15%	36.85%
8. Your relative	16.6%	83.3%	75%	25%	65.78%	34.22%
9. Your neighbor	33.3%	66.6%	53.12%	46.87%	50%	50%
10. Your friend	33.3%	66.6%	12.5%	87.5%	15.79%	84.21%
Hypertension is transmitted by						
11. Contacts or blood transfusion	0%	100%	9.37%	90.63%	7.89%	92.11%
12. From parents to offspring	100%	0%	84.37%	15.62%	86.84%	13.16%
Hypertension may be treated by						
13. Medicines	100%	0%	93.75%	6.25%	94.74%	5.26a%
14. Surgery	0%	100%	15.62%	84.38%	13.16%	86.84%
15. Do not worry, it is easily curable	33.3%	66.6%	43.75%	56.25%	42.11%	57.89%

RESULTS AND DISCUSSIONS

A survey was carried out in the form of questionnaire consisting of 15 questions. It was carried out among 38 individuals. 6 of them were male students whereas 32 of them were female students. Not a single student either male or female called hypertension a viral, bacterial or fungal disease. But according to 66.66% male students and 87.5% female students it was a genetic disease. On the other hand, 66.66% of male students and 56.2% of female students called it a metabolic disease. The results have been shown in table 2.

CONCLUSION

From the results obtained by survey, it is concluded that the students of biotechnology were fully aware about the causes of the disease.

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