Sociodemographic factors influencing quality of life of patients with arterial hypertension

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Background: NATPOL 2011 study estimated the prevalence of arterial hypertension in adult Polish population (<80 years of age) at 32%. Only 70% of these cases are detected, and no more than 26% are adequately controlled. Consequently, a large fraction of patients live with inadequately controlled hypertension despite implementation of pharmacotherapy. Inappropriate control of the disease is reflected by poor general status and resultant deterioration of quality of life which is considered an additional therapeutic target.

Purpose: The identify sociodemographic factors that may affect quality of life of patients with arterial hypertension.

Methods: The study included 100 patients (40 women and 60 men) with established arterial hypertension, aged between 38 and 80 years (M=56.4, SD=10.7). The patients were treated at the non-public healthcare center. The data on the sociodemographic factors were collected with a questionnaire developed solely for the purposes of this study, and the quality of life was determined with SF-36 generic questionnaire.

Results: Female participants were on average 5.7 years older than the male patients (p < 0.01). When the effect of sociodemographic factors was considered, the MCS scores of younger patients (=60 year of age) turned out to be significantly higher than those of the older patients (>60 years of age; 51.9 vs. 48.3, p=0.005). Women were shown to present with lower PCS (43.8 vs. 47.8, p=0.044) and MCS scores (48.3 vs. 51.6, p=0.015) than did the men. Patients with secondary education (52.6) and professionally active persons (51.4) were characterized by higher MCS scores than the subjects with primary (49.4), vocational (48.1) or higher education (49.3), unemployed individuals (47.9) and persons receiving age (42.4) or disability pension (40.3; all differences significant at p<0.05). Finally, the MCS scores of the city- and town-dwellers turned out to be higher than those of the countryside-dwellers (50.0 vs. 46.6, p=0.004).

Conclusion: Sociodemographic factors, such as age, sex, educational level, professional activity and place of residence, influence quality of life of patients with arterial hypertension.