Abstract: P609

The quality of life of patients with essential hypertension

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Topic(s):
Stress, Psycho-Social and Cultural Aspects of Heart Disease

Citation:
The purpose: to study the quality of life and features of pain syndrome in patients with essential hypertension (EH).

Materials and methods. 123 patients with essential hypertension (EH) were examined (mean age 38.9 ± 8.0 years, 89 (72.4%) men, 34 (27.6%) women). Quality of life was assessed by 36-Item Short Form Health Survey (SF-36), the characteristics of pain was measured by McGill Pain Questionnaire (MPQ). Data are presented as mean and standard deviation (M ± SD), and the median and the 25% and 75% percentile (Me (25%; 75%).

Results. The mean by the scale of Physical health-summary of SF-36 was 47.9 ± 9.5 score, Mental health-summary – 43.0 ± 12.1 score, Physical functioning - 81.8 ± 19.7 score, Role-Physical – 48.0 ± 37.9 score, ? odily pain – 63.9 ± 26.6 score, General health – 59.1 ± 16.6 score, Vitality – 51.4 ± 17.8 score, Social functioning – 67.9 ± 23.1 score, Role-emotional – 60.4 ± 36.7 score, Mental Health – 56.1 ± 17.1 points.

The average index of chosen number of descriptors by sensory scale by MPQ was 4.0 (2.0; 7.0), the average score of the ranking pain index by sensory scale - 7.5 (2.25; 14.0), the average index of chosen number of descriptors by affective scale - 3.0 (1.0; 5.0), the average score of the ranking pain index by affective scale - 4.0 (1.0; 7.0). The mean of chosen amount of descriptors by evaluatory scale was 2.0 (2.0; 2.0).

Conclusion. The reduction of quality of life in patients with hypertension has been shown. The lowest level was noticed by scales of physical health-summary and mental health-summary. The domination of sensory component in pain syndrome in hypertensive patients has been shown.