

Abstract Type : Poster

Abstract Submission No. : PO-1142

The Role of Dietary Approaches to Stop Hypertension (DASH), Reduced Salt Intake, and Physician Advice as a Lifestyle Change on Hypertension Patients in Adult

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Objectives: Hypertension accounts for a large percentage of deaths (12.8% of hypertension in 7.5 million deaths). Hypertension is also challenging to manage effectively because of lack of awareness and patient compliance. Thus, hypertension needs to be controlled to reduce the enormous impact in the future. Nowadays, lifestyle changes must be developed to control and reduce the level of drug dosage required on hypertension. This study aims to identify the lifestyle changes (DASH, reduced salt intake, and physician advice) that affect the reduction in hypertension in adults.

Methods: Articles from 2003-2019 were collected from an electronic database. Then eleven reputable selected articles were reviewed to answer the purpose of this study.

Results: Based on the literature study conducted, there is a high correlation between the various lifestyle changes to the reduction in BP. The first lifestyle change is Dietary Approaches to Stop Hypertension (DASH). DASH diet is low in total and saturated fat, red meat, sugary drinks, and refined carbohydrates, but high in fruits, vegetables, whole grains, fish, poultry, and low-fat dairy products. Another form of lifestyle change identified from literature searches is reduced salt intake. Reducing salt intake, reduction leads to a decrease in blood pressure. Physician advice (weight loss, exercise, medications) is also form of lifestyle changes. Physician advice appears effective at changing hypertension-related lifestyles in people with diabetes regardless of sex or race/ethnicity.

Conclusions: From the literature search conducted, DASH, reduced salt intake, and physician advice forms of lifestyle changes that are very significant in influencing BP.