

Table(1):-Show distribution of participate based on personal data group  
(n=384)

Variable	Description	Frequency	Percent
Age	20 30	30	7.8%
	30 40	101	26.3%
	more than-40	253	65.9%
Gender	Males	160	41.7%
	Females	224	58.35%
Occupation	Free work	52	13.5%
	House wife	146	38%
	Employee	92	24%
	Worker	34	6.3%
	no work	34	8.9%
	Pension	36	9.4%
	Lodging	Aldamer locality	197
Marital status	Atbara locality	187	48.7%
	Married	284	74%
	Single	41	10.7%
	Divorced	22	7.5%
	Widow	37	9.6%
Educational level	Illiterate	61	15.9%
	Khalua	40	10.4%
	Basic	85	22.1%
	Secondary	114	29.7%
	University	84	21.9%
	Ar you have health insurance	Yes	344
Income level	No	40	10.4%
	Poor	46	12%
	Moderate	313	81.55%
Total	Rich	25	6.5%
		<b>384</b>	<b>100%</b>

Table No (2):-

Show distribution of participate based on gender group. (n=384)

Variable	Description	Frequency	Percent
Gender	Males	160	41.7%
	Females	224	58.3%
	<b>Total</b>	<b>384</b>	<b>100%</b>

Table No (3):-

Show disruption of participate based on lodging group.(n=384).

Variable	Description	Frequency	Percent
Lodging	Aldamer locality	197	%51.3
	Atabara locality	187	%48.4
<b>Total</b>		<b>384</b>	<b>%100</b>

Table No (4):-

Show disruption of participate based on age group.(n=384)

Variable	Description	Frequency	Percent
Age	20-30-	30	%7.8
	30-40	101	%26.3
	more than-40	253	%65.9
<b>Total</b>		<b>384</b>	<b>%100</b>

Table No (5):-

Show disruption of participate based on martial status group.(n=384)

Variable	Description	Frequency	Percent
Martial status	Married	284	%74
	Single	41	%10.7
	Divorced	22	%5.7
	Widow	37	%9.6
<b>Total</b>		<b>384</b>	<b>%100</b>

Table No(6):-  
Show disruption of participate based on educational level group.(n=384)

Variable	Description	Frequency	Percent
Educational level	Illiterate	61	%15.9
	Khalua	40	%10.4
	Basic	85	%22.1
	Secondary	114	%29.7
	University	84	%21.9
<b>Total</b>		<b>384</b>	<b>%100</b>

Table No(7):-  
Show disruption of participate based on health insurance group.(n=384)

Variable	Description	Frequency	Percent
Are you have health insurance	yes	344	%89.6
	No	40	%10.4
<b>Total</b>		<b>384</b>	<b>%100</b>

Table NO(8):-  
Show disruption of participate based on income level group (n=384)

Variable	Description	Frequency	Percent
Income level	Poor	46	%12
	Moderate	313	%81.5
	Rich	25	%6.5
<b>Total</b>		<b>384</b>	<b>%100</b>

Table No(9):-  
 Show disruption of participate based on occupational group.(n=384)

Variable	Description	Frequency	Percent
Occupational	Free work	52	%13.5
	House wife	146	%38
	Employee	92	%24
	Worker	24	%6.3
	No work	34	%8.9
	Pension	36	%9.4
<b>Total</b>		<b>384</b>	<b>%100</b>

Table No (10):-  
 Show disruption of participate based on duration of disease group.(n=384)

Variable	Description	Frequency	Percent
Duration of disease	5-1	199	51.8%
	10-6	129	33.6%
	more than-11	56	14.6%
<b>Total</b>		<b>384</b>	<b>%100</b>

Table No (11):-  
 Show disruption of participate based on measurement group.(n=384)

Variable	Description	Frequency	Percent
Measurement	Low	23	%6
	High	188	%49
	Normal	173	%45
<b>Total</b>		<b>384</b>	<b>%100</b>

Table No (12):-  
 Show disruption of participate based on follow up group.(n=384)

Variable	Description	Frequency	Percent
Do you follow blood pressure disease regularly in healthy ?units	No	36	%9.4
	Always	190	%49.5
	Sometime	120	%31.3
	Rare	38	%9.9
<b>Total</b>		<b>384</b>	<b>%100</b>

Table No (13):-

Show disruption of participate based on complication group . (n=384)

Variable	Description	Frequency	Percent
Do you suffer from a complication of ?blood pressure	Heart disease	187	%48.7
	Renal failure	54	%14.1
	Retinal bleeding	18	%4.7
	Strokes	15	%3.9
	No complication	110	%28.6
	<b>Total</b>		<b>384</b>

# **Chapter five**

#### (4-1) Discussion

The study conducted River Nile state during April-June 2018, the study include sample size 384 patients from target population , stamation River Nile state prevalence 11%. 58.3% female participant. The age participants classified according to mathematic equation that represent from all participant, The common age group among participants > 40 years. The level of education 29.7% Secondary school ,22.1% Basic school,21.1% Unversity,15.9% illiterate and 10.4% khalua,the common group are secondary school. The lodging 51.3% Aldamer locality and 48.7% Atbara locality, the common group from Aldamer locality. Marital status 74% married,10.7% single,9.6% widow ,and 5.7% divorced, The common group are married. 89.6% have health insurance and 10.4% have not health insurance, the common group has health insurance. The economic level 81.5% are moderate , 12% are poor and 6.5% are rich. The common level are moderate. The occupation 38% are house wives, 24% are employee, 13.5% are free work, 9.4% are pension, 8.9% un employee and 6.3% are worker. The common group house wives, 8.9% un employee and 6.3% are worker. The common group house wives , 8.9% un employee and 6.3% are worker. The common group house wives.

Measurement of blood pressure 49% was high, 45% is normal and 6% was low. The common group was high. The follow up of blood pressure in therapeutic units 49.5% was always, 31.3% was some time follow up, 9.9% was rare and 9.4% not follow up. The common group was always follow up. The factors effected the blood pressure 13.6% were not did exercise, 12.7% did not take treatment, 9% were take salt, 7.7% were smoking and 6% were intake high fat, the common group of risk factors was do not exercise. the complication of un controlled blood pressure was 48.7% heart failure , 14.1% renal failure ,4.7% Retinal bleeding , and 3.9% was strokes .

Among study participants we found that 49% of this participants were suffer from blood pressure. the duration was vary from 1-5 years 51.8%,6-10 years 33.6%,and >11 years was 14.6%.

Main aim to this mass to determine prevalence of un controlled hypertension and 49% of participant suffering from un controlled hypertension.

Were result of study compare to other study we found that prevalence in our study slightly higher than study conducted in French by Alien , Wagner et alder to less exercise. In Venezuelan study conducted by Juan p.Gonzalez \_Revised al , lower from our study due to high intake of fat and salt. In Malaysia study conducted by Cheong AT, Salina SG et al, Slightly higher from our study because the main risk factors were use of three or more anti hypertensive agent and obesity. In oman study conducted by Rashid AL saadi , AL Sukaili et al highly than our study due to increased risk of obesity and diabetic and renal diseases . our study low than study conducted in Saudi Arabia by M.E.K Ahmed and I.B.El-Awad due to increased life stresses and low level public health education . study conducted by Eman Yousif Awad , Prof. Dr/Bassima Ezat Gwaied, et al in Egypt highly form our study because to lack of knowledge and lack of motivation to make lifestyle change and cost . in Zimbabwe study conducted by Tfadzwa Priscille Goverwa , Nyasha Masuka et al highly from our study due to obesity adding salt to food .study conducted by Isiaho Lillian Amugistsi , Ayieko A.O , et al in Kenya so lowly from our study due to don't exercise and high and not take treatment and smoking and high salt and fat intake . in Ethiopia study conducted by Bekele Tesfaye , Dessalegen Haile, et al high than our study because to in health lifestyle . study conducted by FAWZI ABABIKER , LAMAI AELAKHALIFA et al in sudan prevalence of uncontrolled hypertensive in male high than our study and in female low than our study due to smoking and family history .

Our study instead risk factors show that common risk factors was don't exercise and take treatment ,smoking , high salt intake and fat.

Compare our risk factor with other study conducted in French by Aline , Wagner et al, the main risk factor was diabetes and high cardio vascular risk . In Venezuelan study conducted by Juan p.Gonzalez \_Rivas,et al , main risk factor was diabetes and over weight .in Malaysia study conducted by Cheong AT, Sazlina SG et al, the main risk factors were use of three or more anti hypertensive agent and obesity. In Oman study conducted by Rashid AL said , AL Sulkily et al the main risk was obesity and diabetic and renal diseases . in Saudi Arabia by M.E.K Ahmed and I.B.El-Awad the main risk factor life stresses and low level public health education . in Egypt study conducted by Eman Yousif Awad , Prof. Dr/Bassima Ezat Gwaied, et al the main risk factor was lack of knowledge and lack of motivation to make lifestyle change and cost . in Zimbabwe study conducted by Tfadzwa Priscille Goverwa , Nyasha Masuka et al the main risk factor was obesity and adding salt to food the ,study similar to our study in adding salt to food. in Kenya. study conducted by Isiaho Lillian Amugistsi , Ayieko A.O , et al the main risk factors was finances and lack of adequate knowledge . in Ethiopia study conducted by Bekele Tesfaye , Dessalegen Haile, et al the main risk factors was un health lifestyle . study conducted by FAWZI ABABIKER , LAMAI AELAKHALIFA et al the main risk factors was smoking and family history the study similar to our study due to same culture smoking.



**(4-2)Conclusion:-**

This study conclude that prevalence of un control hypertension in Aldamaer and Atbara was 49% the main factors of un control hypertension was don't exercise and don't take treatment

**(5-1)Recommendation:**

Study recommended improving life style.

Study recommended enhance public awareness about the disease and complication.

Study recommended providing health insurance for all strata of society.

Study recommended conducting awareness campaigns for blood pressure patients on the importance of follow-up and taking medicine.

Study recommended conducting awareness campaigns for blood pressure patients on the importance of exercise.

Study recommended conducting awareness campaigns for blood pressure patients on the effects of smoking.

# **Chapter six**

### (6-1)References:

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بحث بعنوان:-

معدل انتشار ضغط الدم الغير المنتظم في محلية عطبرة ومحلية الدامر 2018م

1-الجنس:

ذكر

أنثى

2-السكن:

محليه الدامر

محليه عطبره -

3-العمر:

اقل من 20 سنة - من 20 - 30 سنة

من 30 - 40 سنة - اكثر من 40 سنة

سنة

4-الحالة الاجتماعية-

: متزوج -

اعزب-

مطلق-

أرمل

المستوي التعليمي: -امي

خلوة

-اساس

ثانوي

5-جامعي

6-هل لديك تامين صحي؟ - نعم- لا

7-مستوي الدخل: -فقير

-متوسط

-غني

8-الوظيفة: -أعمال حرة

-ربة منزل

-موظف

-عامل

9-متي كان تاريخ تشخيص المرض؟

10- ماهي الفترة الزمنية للمرض ؟

من 1-5 سنة      من 5-10 سنة      من 10-15 سنة      اكثر من 20 سنة

11- قياس الضغط

طبيعي-      مرتفع-      منخفض-

12- هل تقوم بالمتابعة بانتظام ؟

لا-      عند الشعور باعراض مرضيه      عند انتهاء الدواء

13- لا امارس      اخرى      جري      مشي- ما نوع التمارين التي تمارسها ؟

14- لا-      نعم-      هل تدخن ؟

15- هل لديك المرض بالاسره ؟- نعم-

لا-      امراض القلب      الفشل الكلوي

16- هل تعاني من ؟ - مرض السكري