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Community-based assessment survey of cardiovascular risk among population in Saudi Arabia

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Background: Cardiovascular diseases (CVD) are linked by common and preventable biological risk factors, notably high blood pressure, high blood cholesterol and overweight, and by related major behavioral risk factors: unhealthy diet, physical inactivity and tobacco use. Action to prevent these major chronic diseases should focus on identifying and controlling these and other key risk factors in a well-integrated manner.

Aim: To identify the cardiovascular diseases risk among Saudi population according to the 10-years Risk Framingham Score.

Method: Door-to-door home visits were performed at Jeddah city, Saudi Arabia for two months, 2015. Total of 3,436 individuals (1760 female & 1676 male) were screened by a team of community health nurses and trained nursing students. The Risk Framingham Score was used to calculate the risk level (mild, moderate and sever).

Results: The results revealed that majority of the screened individuals (86%) were having low risk percentage (score (<10%)) for developing cardiovascular diseases according to the 10-years Risk Framingham Score, however, 4% having high risk percent [score (> 20%)] and 10% having moderate risk [score (10% - <20%)]. Among the risk factors, obesity was found to be the major risk factor among the women whereas smoking was found to be the major risk factor among men.

Conclusion: The community-based assessment survey of cardiovascular risk among population in Saudi Arabia provides baseline information for application of effective intervention program to reduce the high & moderate Risk Framingham Score among Saudi population.

Biography

Amina Bargawi is as an ambitious Saudi Nurse. She completed her graduation from Nursing Collage at King Abdul-Aziz University, Saudi Arabia and PhD degree in Health Care Management, in addition to 3 Master degrees; in Community Health Nursing in research method, Statistics and in Health Care Management. She has multi responsibilities at her organization like organizing the community health nursing service, coordinating the health informatics and statistics, and supervising the continuous professional development of nursing staff. She is an active member in number of Nursing Committees and Co-President of Saudi Nursing Society.

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