



Rezultati prikupljeni u JZA

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U akcijama trijaže sudjelovalo je:

- **7 medicinskih sestara i tehničara**
- **7 magistara farmacije**
- **1 liječnica.**

- Održano je **11 javnozdravstvenih akcija** raspoređene po većim mjesnim odborima i prigradskim naseljima.

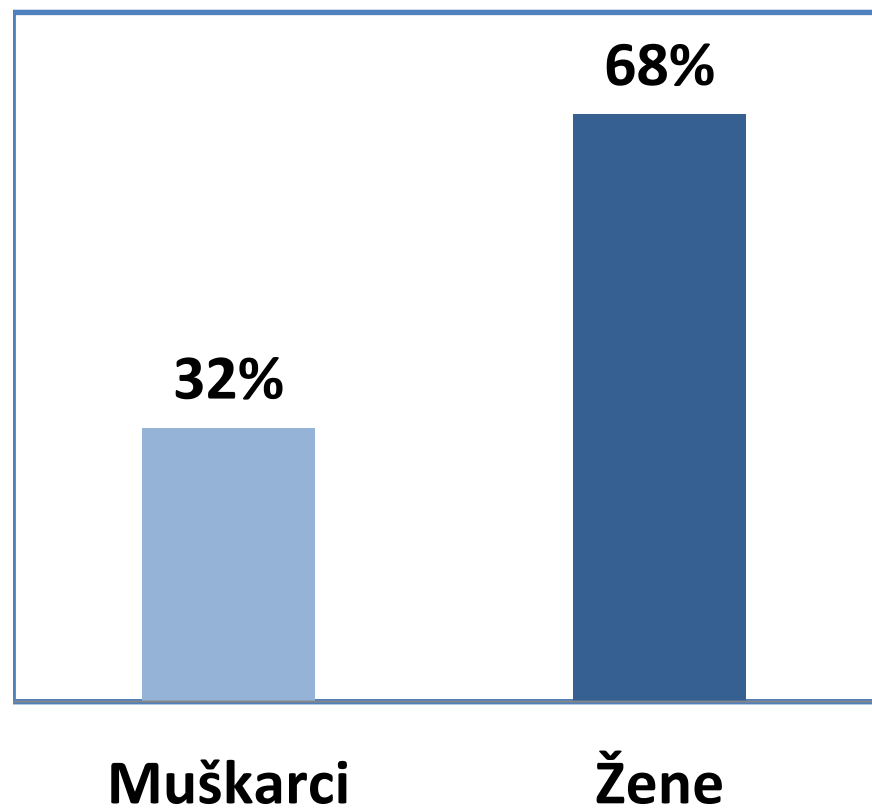
- Prosječna **posjećenost po akciji je 22 osobe.**

- **Za obradu pojedine osobe trebalo je 10-20 min**, dok su prošle sve stanice mjerenja i razgovor s farmaceutom i liječnikom.

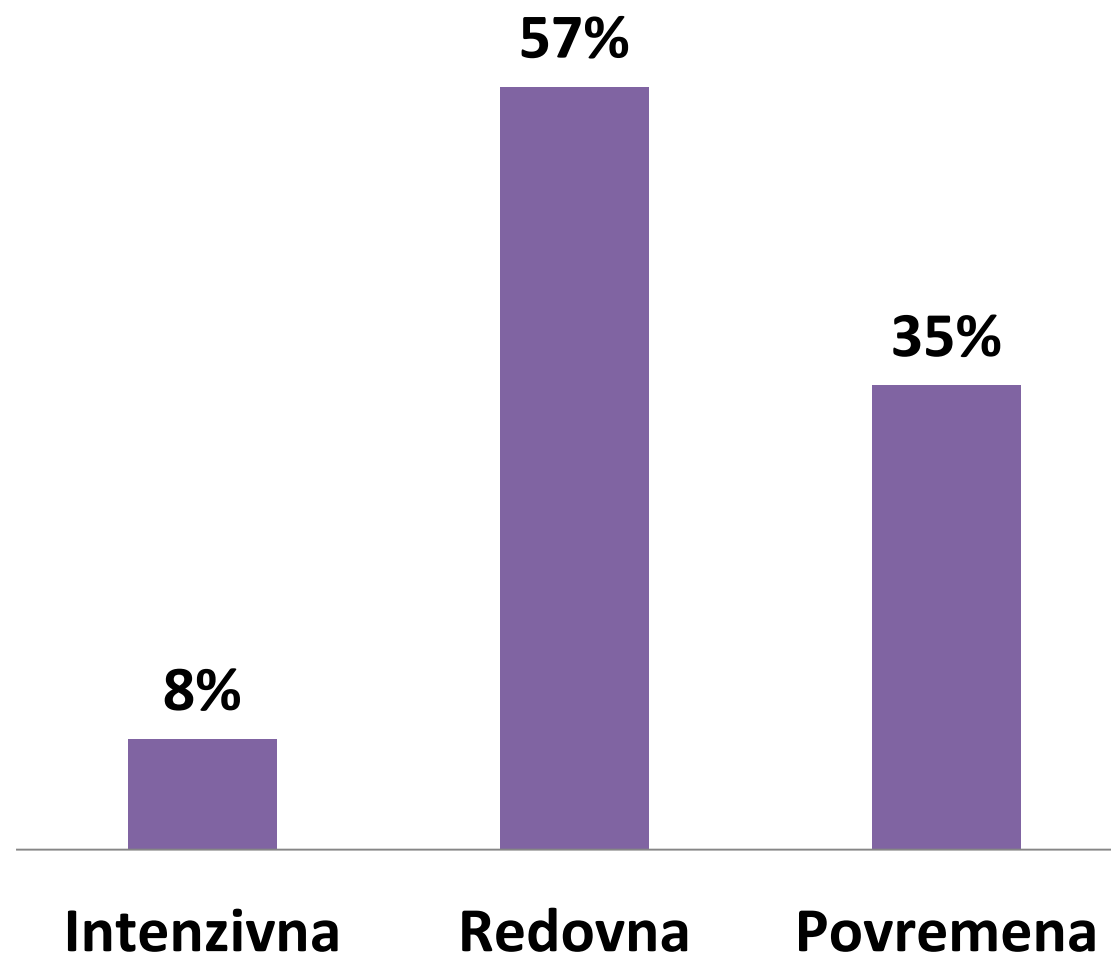


Tko su bili sudionici JZA?

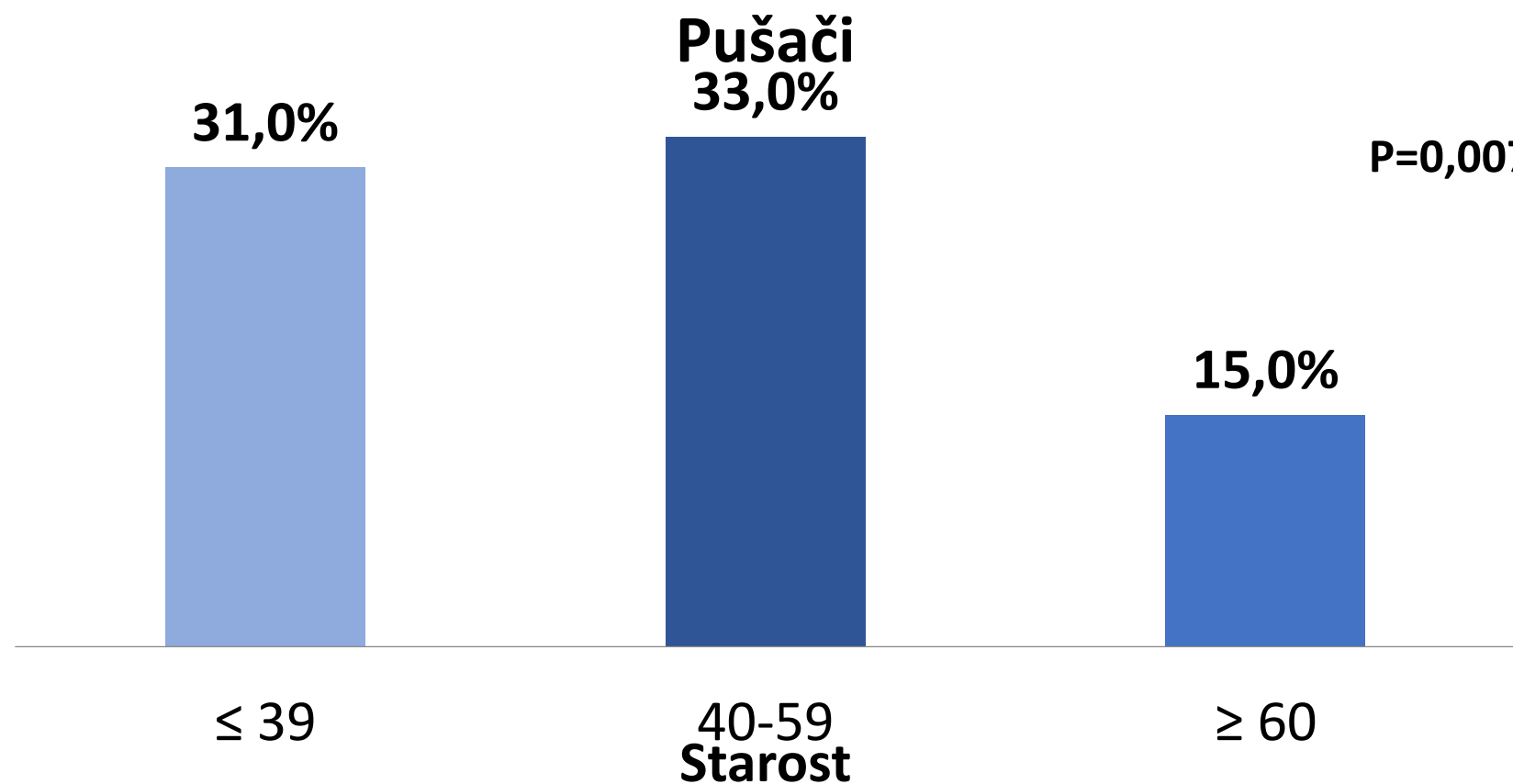
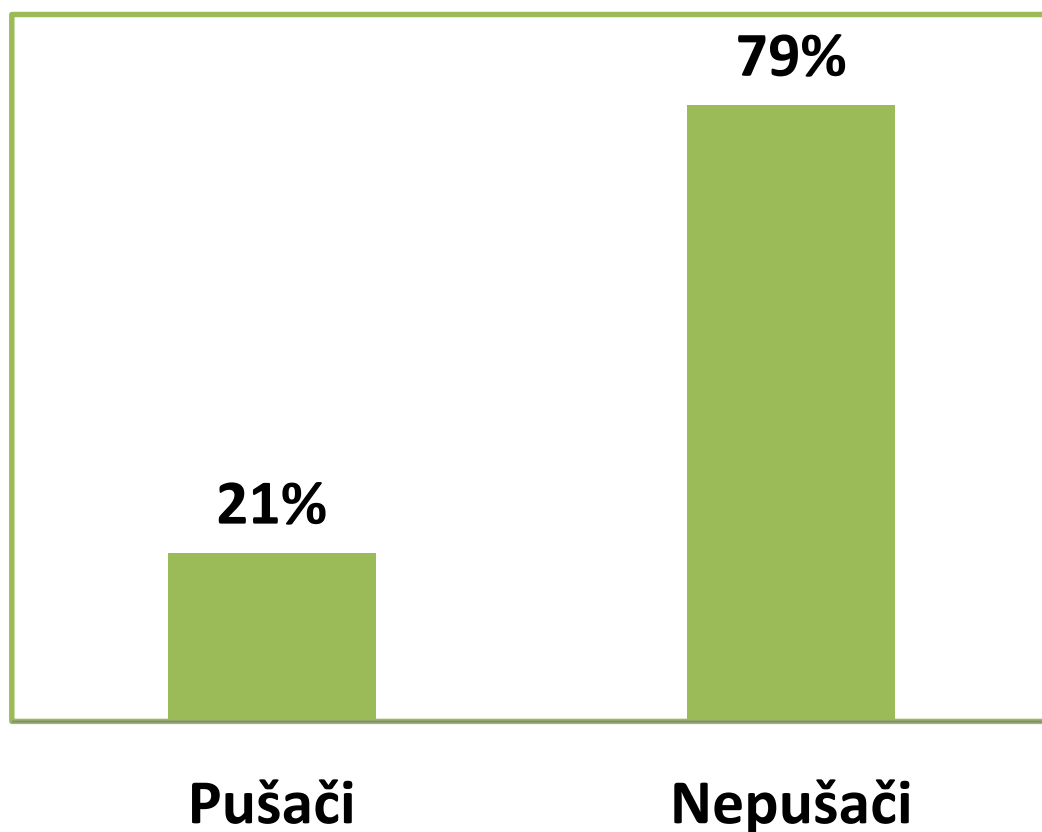
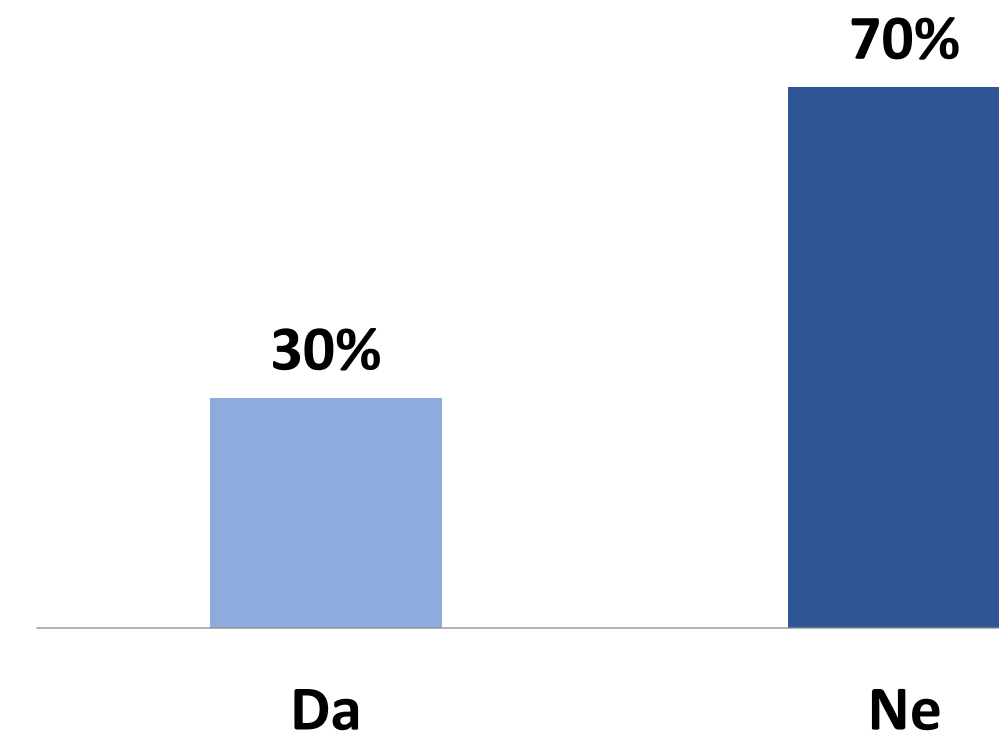
N= 242



Tjelesna aktivnost



Covid-19 zaraza

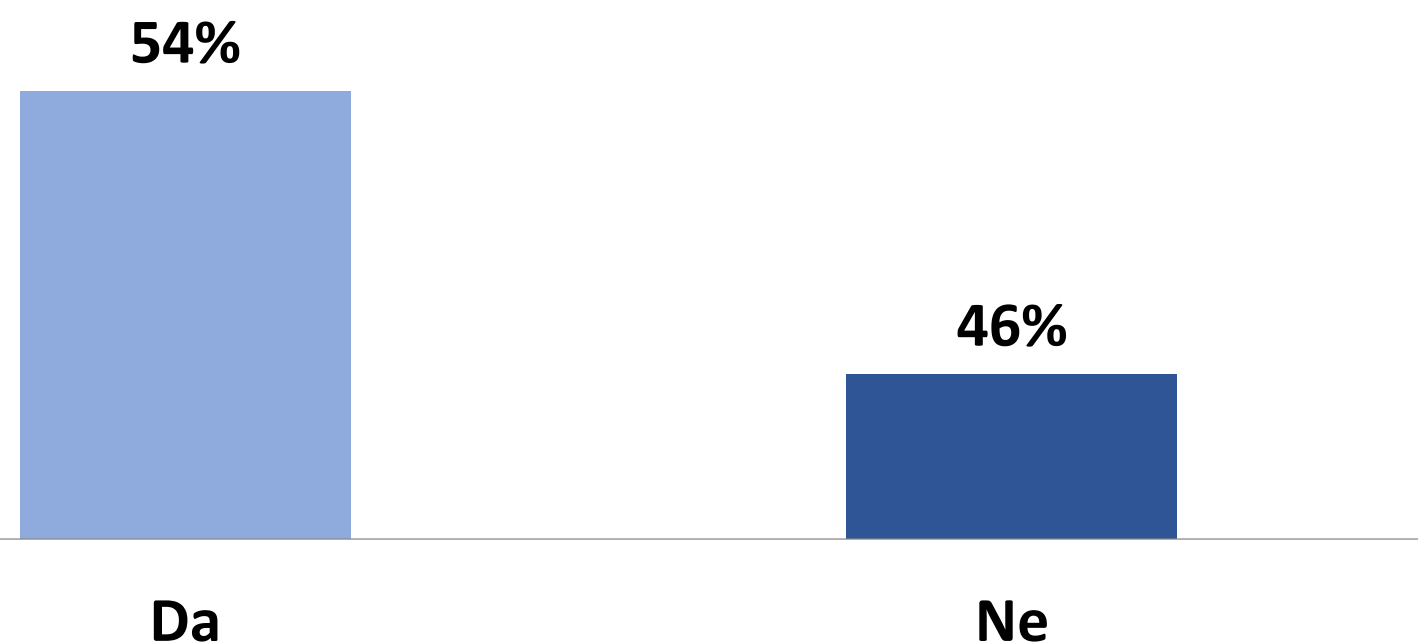


Tko su bili naši sudionici JZA?

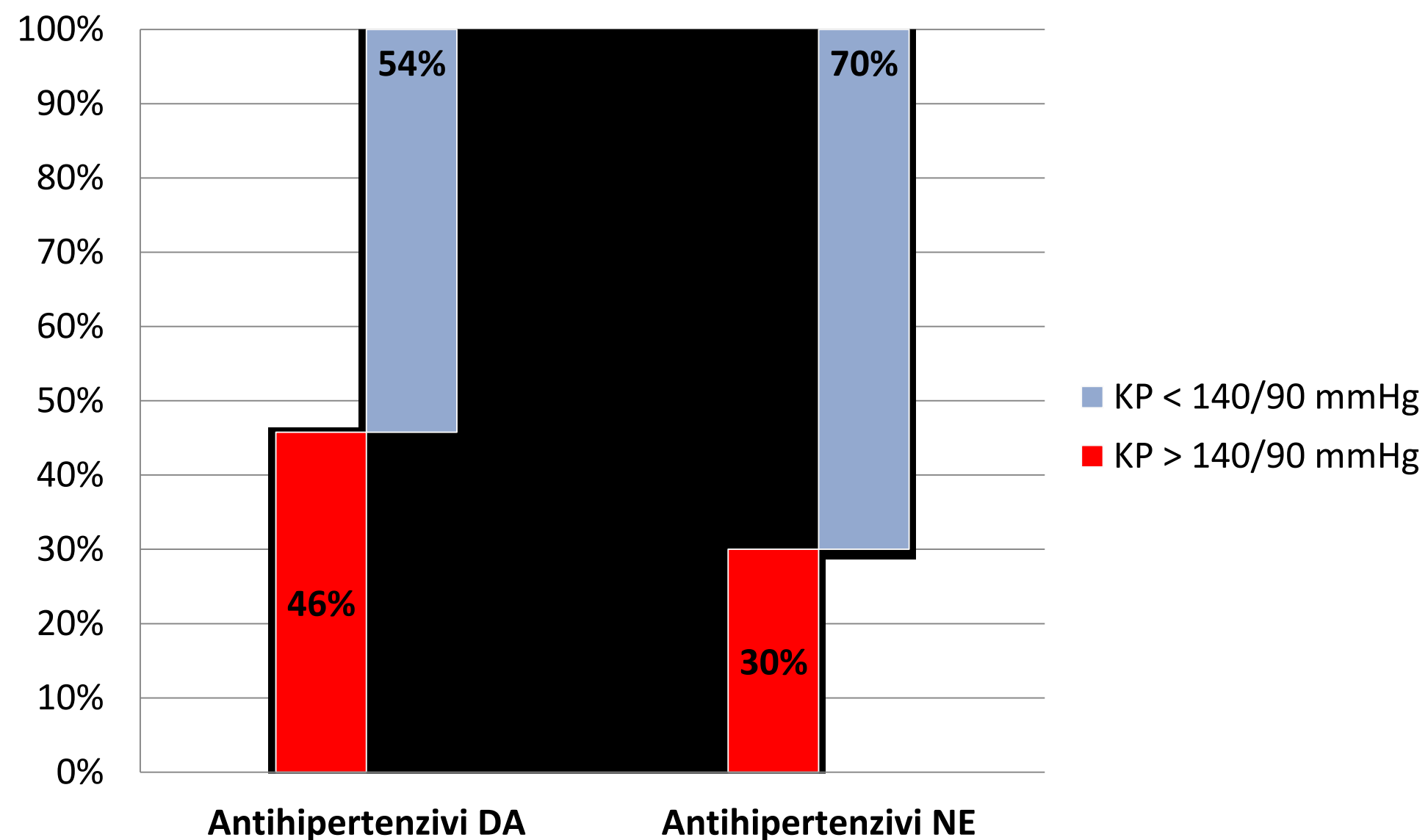
51% je imalo SKT > 140 mm/Hg

25% je imalo DKT > 90 mm/Hg

Terapija hipertenzije

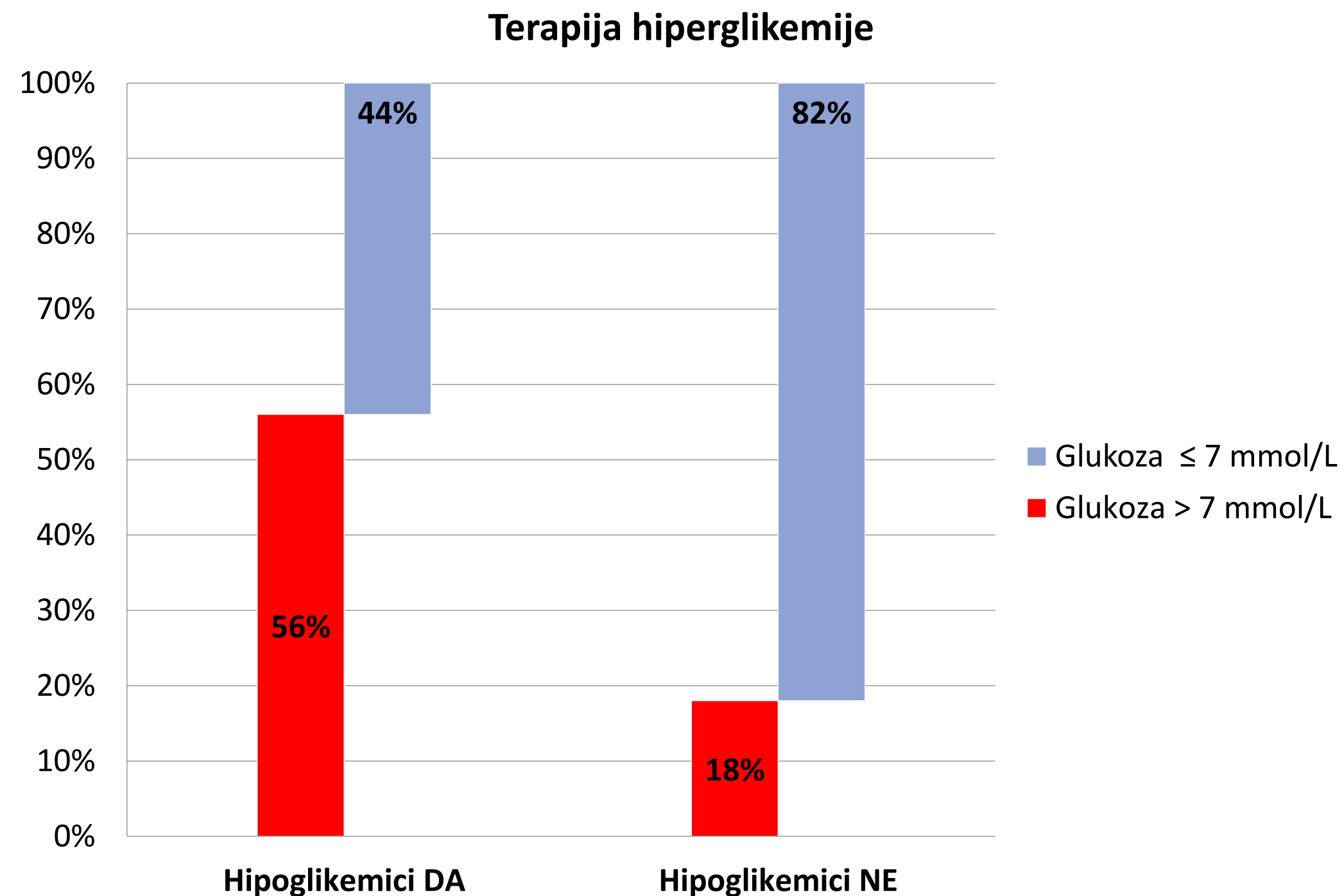
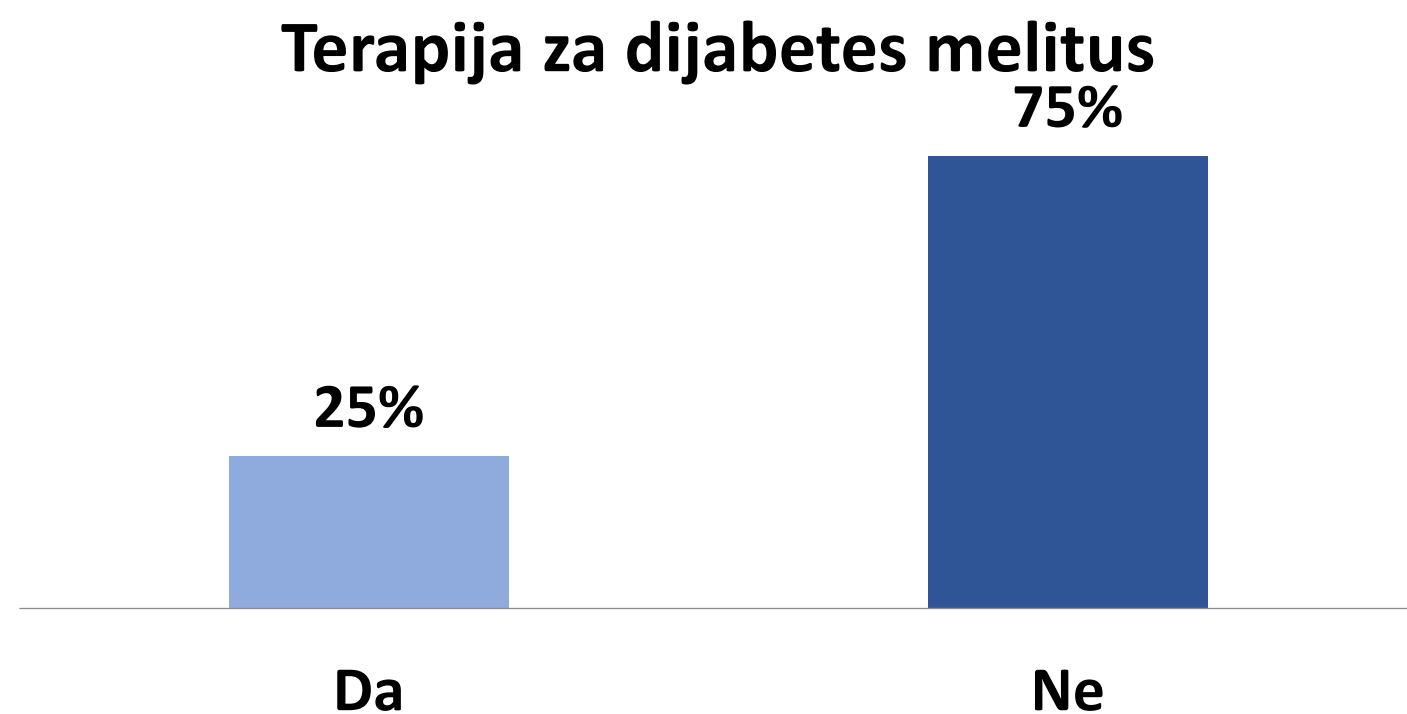


Terapija hipertenzije



Tko su bili naši sudionici JZA?

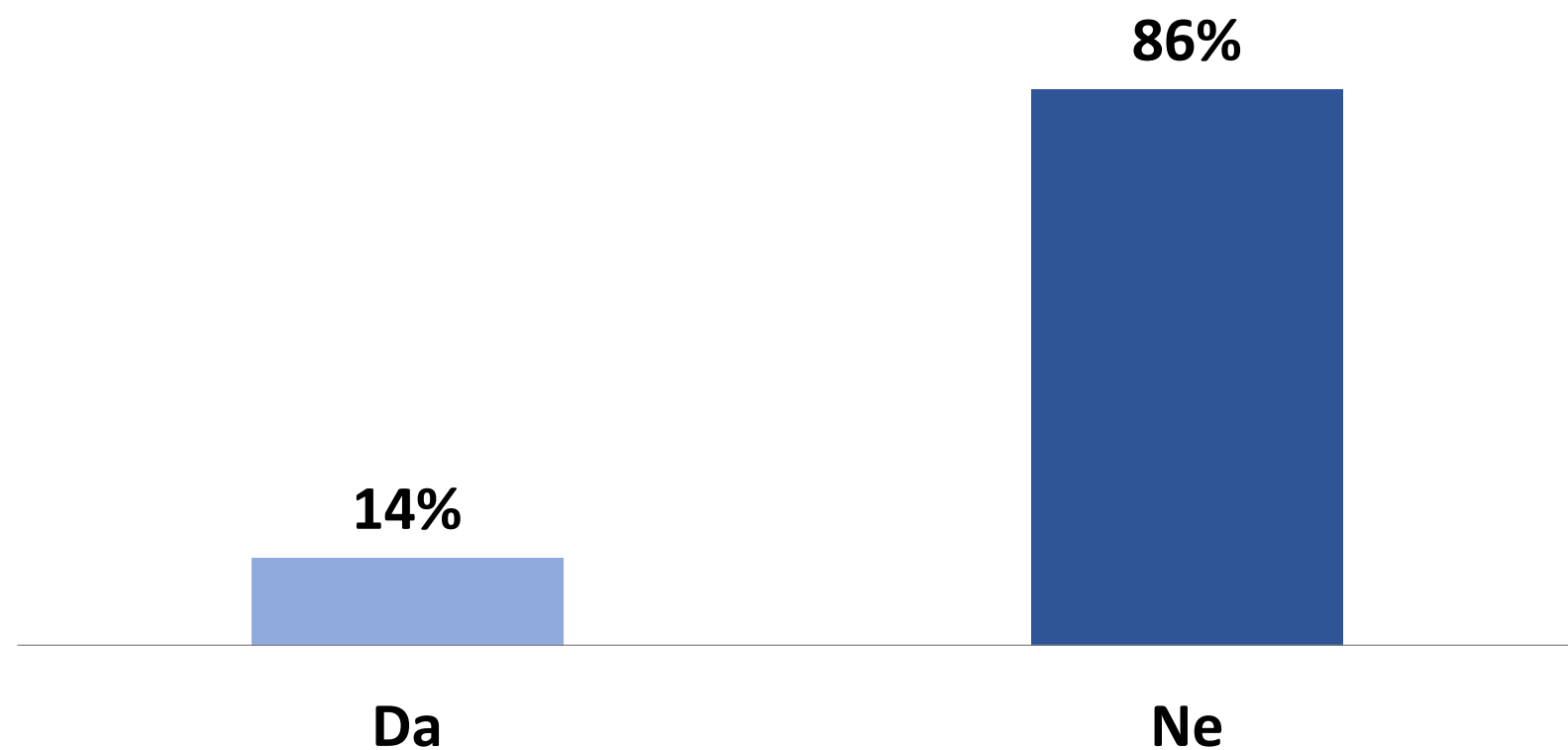
31% sudionika je imalo GUK > 7 mmol/L



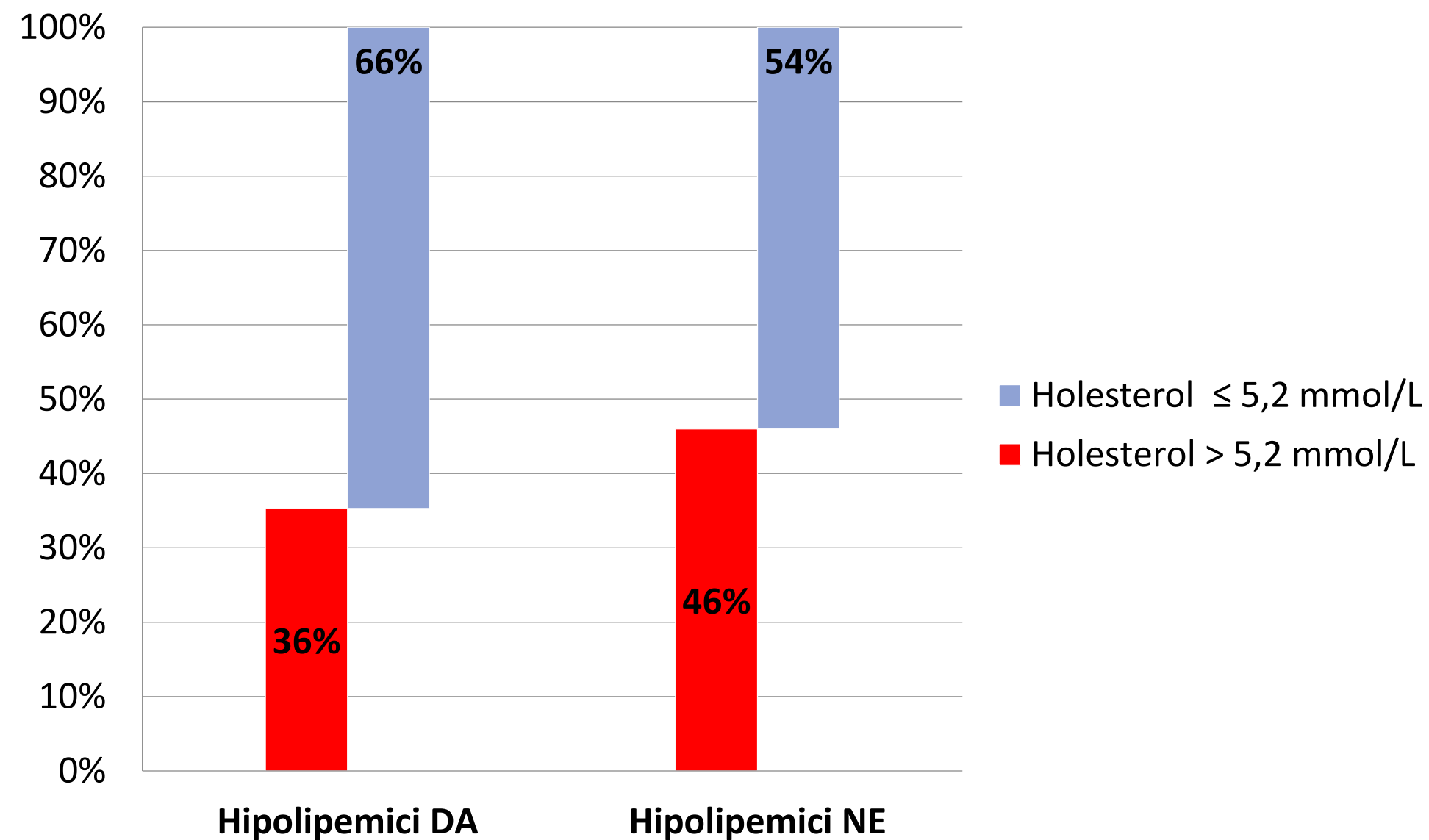
Tko su bili naši sudionici JZA?

53% je imalo TK > 5,2 mmol/L

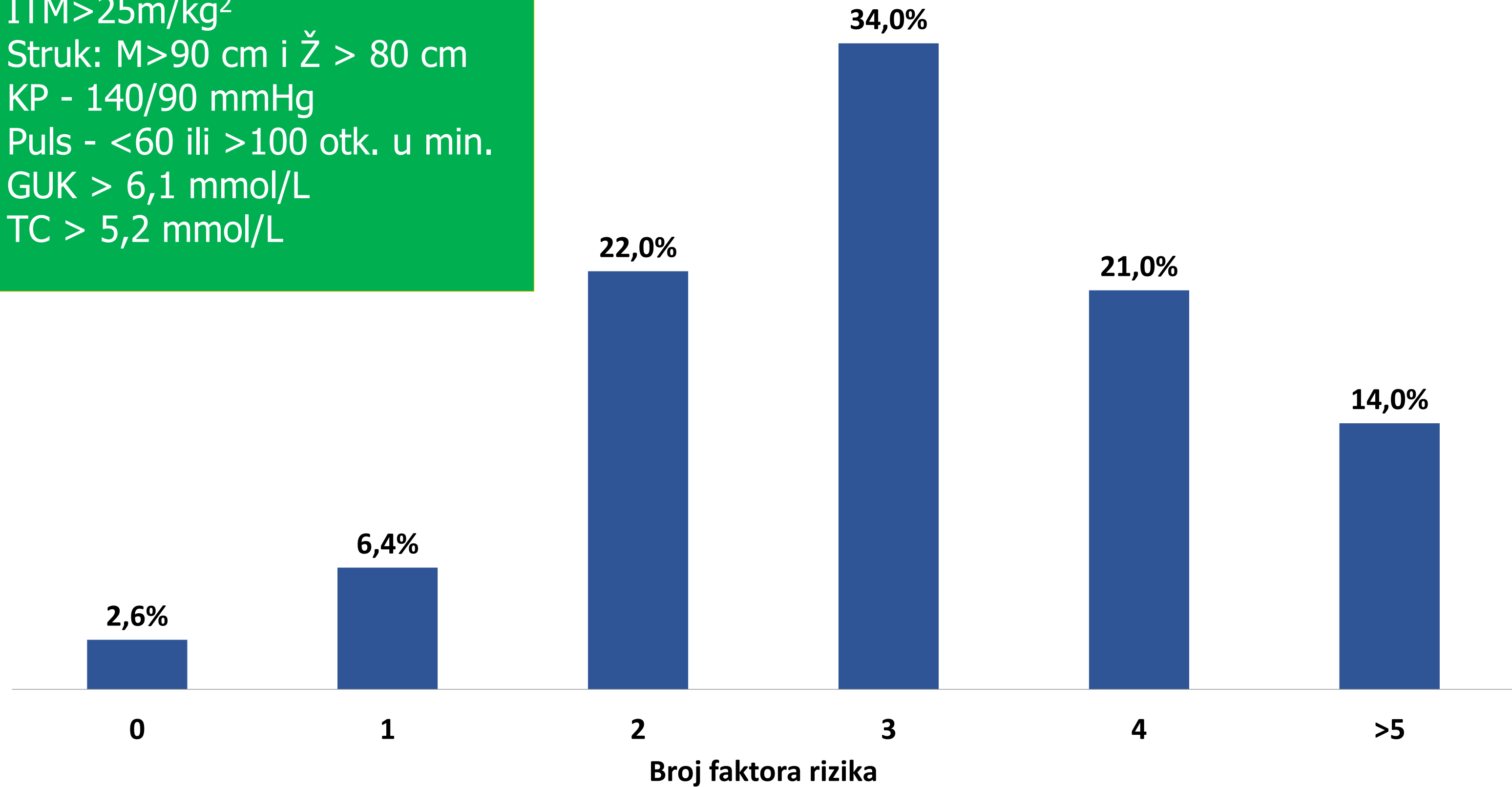
Terapija dislipidemije



Terapija za dislipidemiju



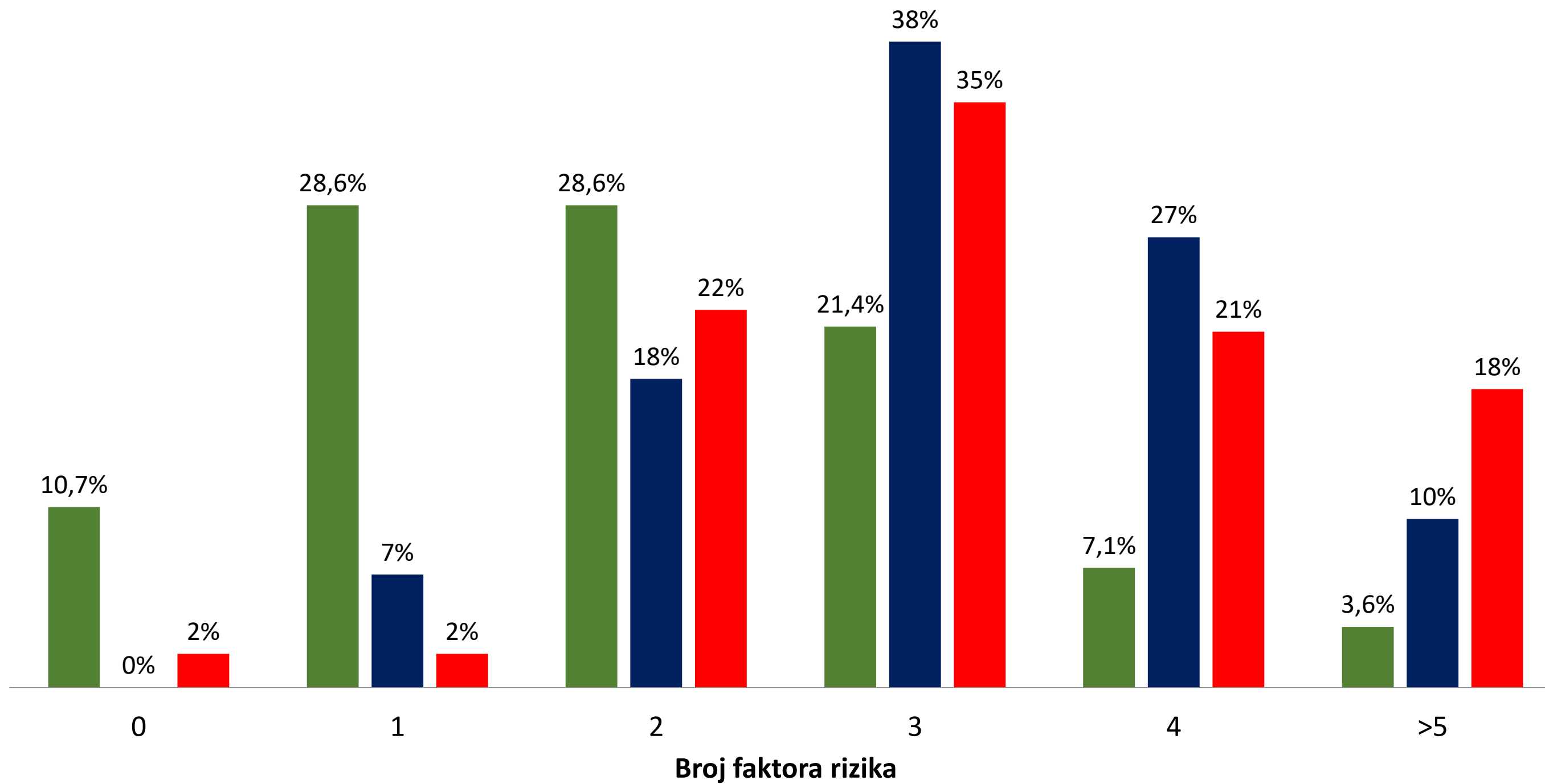
Pušenje
ITM > 25 m/kg²
Struk: M > 90 cm i Ž > 80 cm
KP - 140/90 mmHg
Puls - < 60 ili > 100 otk. u min.
GUK > 6,1 mmol/L
TC > 5,2 mmol/L



Broj faktora rizika u različitim dobnim grupama

■ ≤ 39 ■ 40-59 ■ ≥ 60

P=0,001



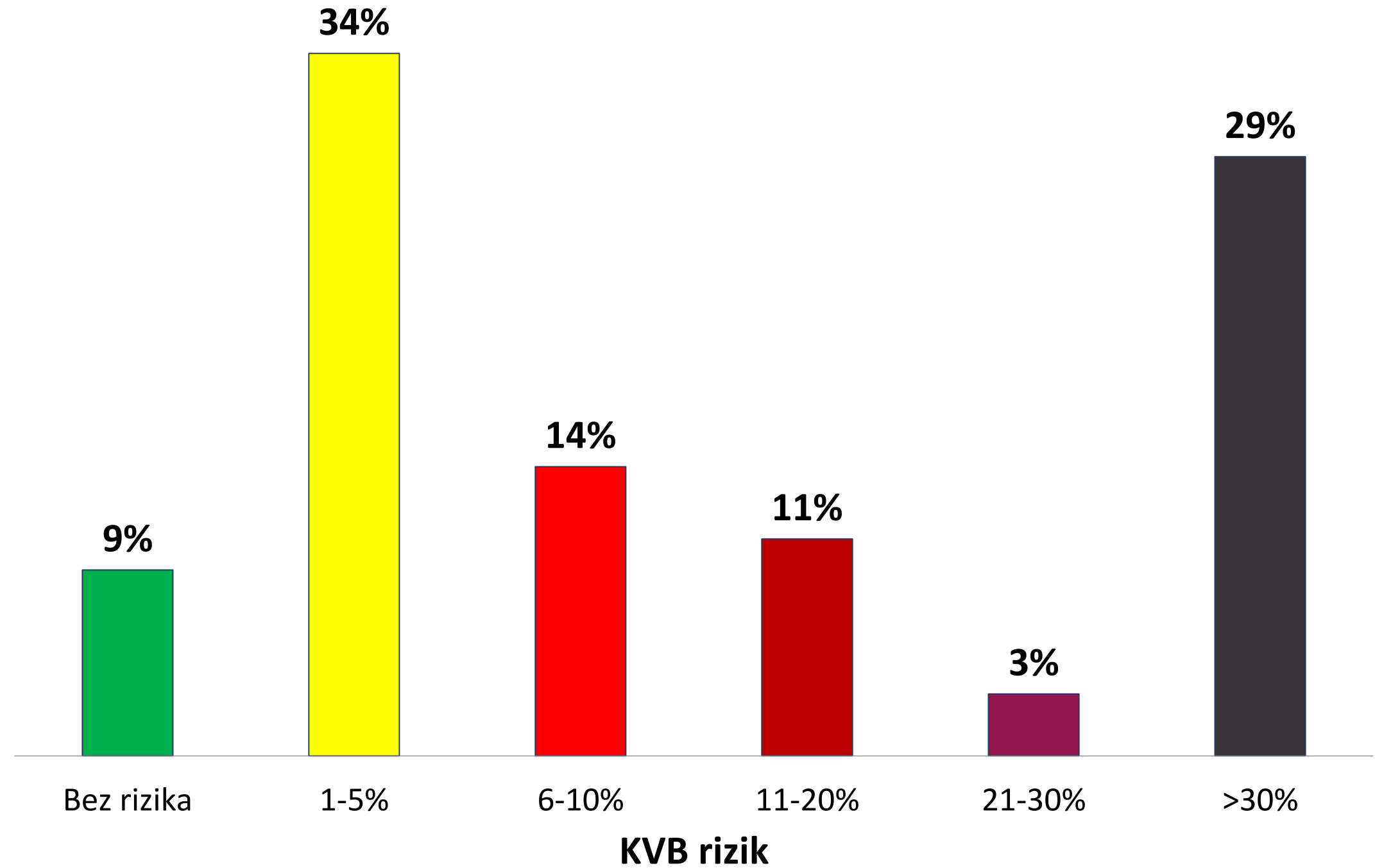
Rizik od smrtonosnog KV rizika

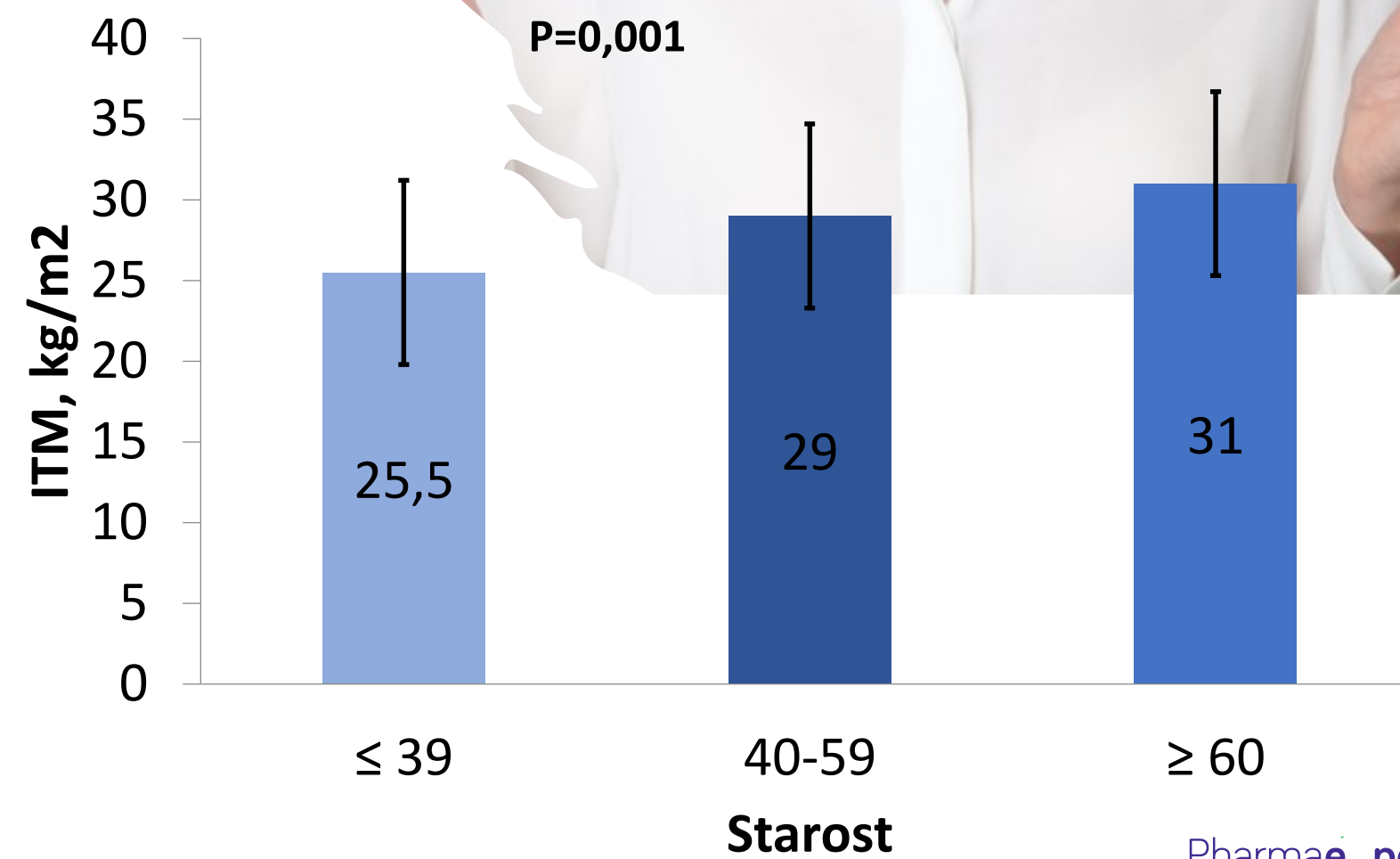
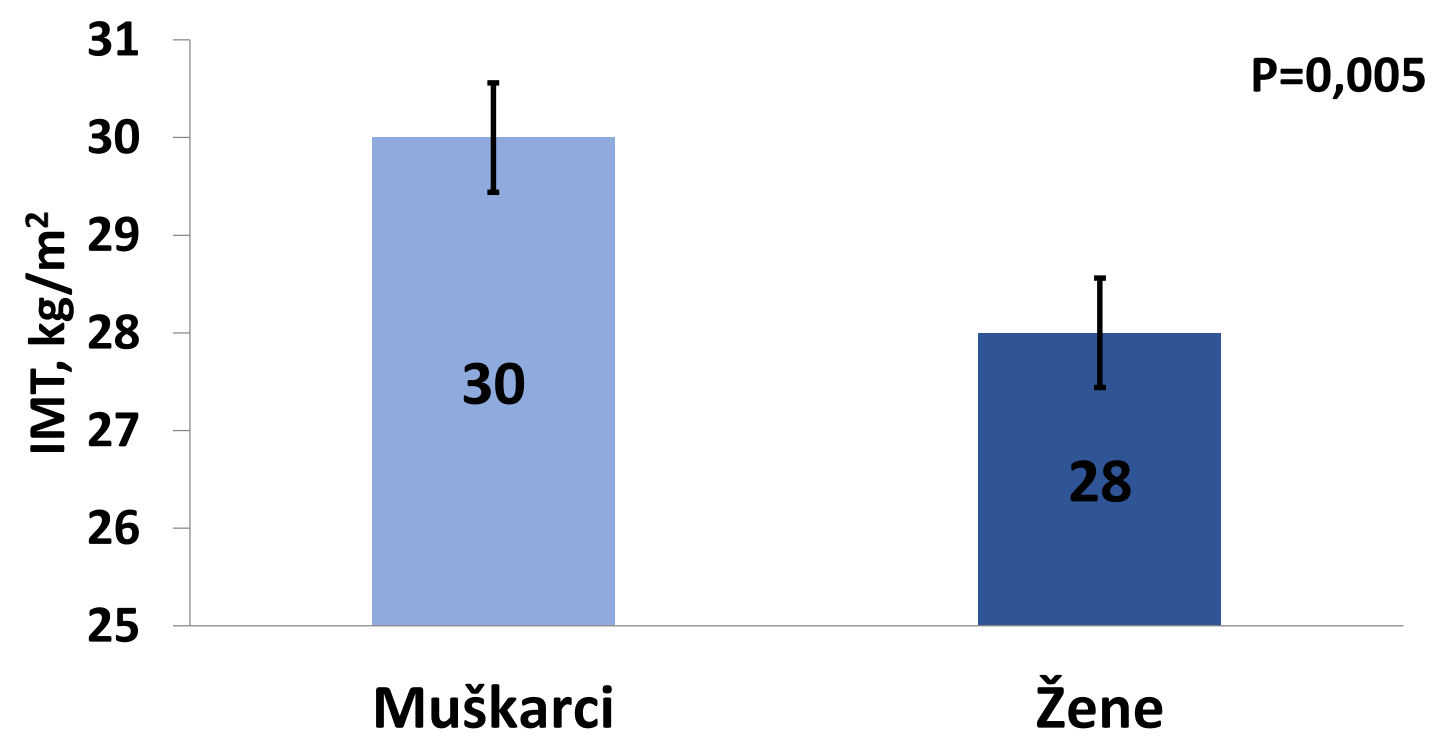
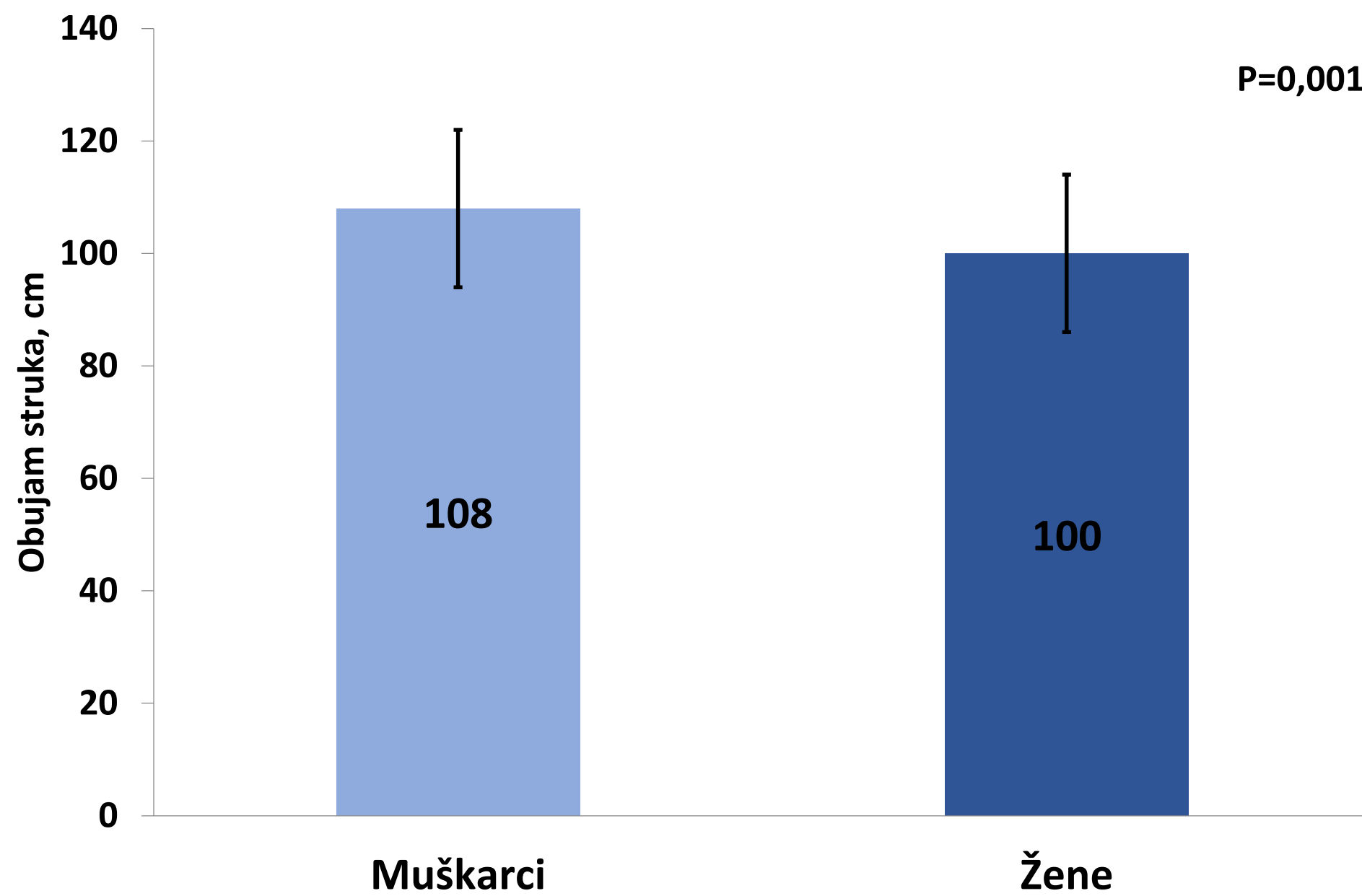
SCORE tablice za procjenu 10-godišnjeg rizika smrtonosnih KV događaja u zemljama s visokim KV rizikom^{1*}

Sistolicki krvni tlak (mmHg)	ŽENE				Dob	MUŠKARCI										
	NEPUŠAČI		PUŠAČI			NEPUŠAČI		PUŠAČI								
	4	5	6	7		4	5	6	7							
180	12	13	14	15	17	19	20	21	24	26	30	33	33	36	40	45
160	10	11	12	13	14	15	16	18	20	22	25	28	27	31	34	39
140	8	9	10	10	12	13	14	15	16	18	21	24	23	26	29	33
120	7	7	8	9	10	10	11	12	13	15	17	20	19	22	25	28
180	7	8	8	9	11	12	13	15	15	17	20	23	23	26	30	34
160	5	6	6	7	9	9	10	11	12	14	16	18	18	21	24	27
140	4	4	5	5	7	7	8	9	9	11	12	14	14	16	19	22
120	3	3	4	4	5	5	6	7	7	8	10	11	11	13	15	17
180	4	4	5	5	7	8	9	10	10	11	13	15	16	19	22	25
160	3	3	3	4	5	6	6	7	7	8	10	11	12	14	16	19
140	2	2	2	3	4	4	4	5	5	6	7	8	9	10	12	14
120	1	1	2	2	3	3	3	3	4	4	5	6	6	7	9	10
180	2	2	3	3	5	5	6	7	6	7	9	10	11	13	16	18
160	1	2	2	2	3	3	4	4	4	5	6	7	8	9	11	13
140	1	1	1	1	2	2	2	3	3	3	4	5	5	6	7	9
120	1	1	1	1	1	1	2	2	2	2	3	3	4	4	5	6
180	1	1	2	2	3	3	4	4	4	5	6	7	8	9	11	13
160	1	1	1	1	2	2	2	3	2	3	3	4	5	6	7	9
140	0	0	1	1	1	1	1	2	2	2	2	3	3	4	5	6
120	0	0	0	0	1	1	1	1	1	1	1	2	2	2	3	4
180	0	0	1	1	1	1	2	2	2	2	2	3	4	4	5	7
160	0	0	0	0	1	1	1	1	1	1	1	2	2	2	3	4
140	0	0	0	0	0	0	0	1	0	1	1	1	1	1	2	2
120	0	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1

Ukupni kolesterol (mmol/L)

- <3% (green)
- 3-4% (yellow)
- 5-9% (red)
- ≥10% (dark red)





Najčešće preporuke liječnika su:

1. Kontrola laboratorijskih nalaza, s naglaskom na kontrolu kolesterola i triglicerida
2. Regulacija prehrane i tjelesne težine
3. Redovito mjerenje tlaka i GUK-a, voditi dnevnik samokontrole, posjetiti LOM-a, potencijala korekcija terapije
4. Prestanak pušenja

Najčešće preporuke farmaceuta:

1. Redovito pratiti tlak 2xdnevno tijekom 7-14 dana
2. Regulacija prehrane i tjelesne težine
3. Prestanak pušenja
4. Preporuka ispravnog načina uzimanja terapije





- **28 osoba je dobilo izravnu preporuku redukcije tjelesne težine**
- Svi sa ITM > 25 - promjena prehrane i redovita tjelesna aktivnost



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