

# Awareness about hypertension in biotechnology students

## Abstract

Hypertension can be regarded as one of the most important causes of morbidity worldwide. It is actually due to elevation in the blood pressure levels which is the result of rise in diastolic and systolic pressures. A survey was carried out in the form of questionnaires among biotechnology students. The resultant percentage of both males and females was enough to conclude that the students were truly aware about the causes of the disease.

**Keywords:** hypertension, blood pressure, questionnaire, etiology, medicinal treatment, patients

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**Muhammad Imran Qadir, Maleeha Batool**  
Institute of molecular biology and biotechnology, Bahauddin zakariya university Multan, Pakistan

**Correspondence:** Institute of molecular biology and biotechnology, Bahauddin zakariya university Multan, Pakistan, Email [mrimranqadir@hotmail.com](mailto:mrimranqadir@hotmail.com)

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## Introduction

Hypertension is actually one of the major substantial causes of death all over the world. It can be prevented by modifying the manner of living or by suitable medicinal treatment.<sup>1</sup> It is determined by the levels of blood pressure in the body. Blood pressure is actually the measure of diastolic (the blood pressure due to relaxation of the ventricles after which the contraction of heart occurs while the chambers of heart refill with blood) and systolic pressures (the blood pressure during the contraction of left ventricle of the heart) when measured in (mmHg) i.e millimeters of mercury. Both of these pressures have their well defined top limits when considering it normal and rise in either one or both of these pressure limits is the cause behind hypertension. Primary hypertension also known as essential and secondary hypertension are the two main cases of hypertension. Primary hypertension is the form of hypertension with no acknowledgeable reason and it underlies a huge number of patient's i.e 90-95%. In order to treat primary hypertension proper drugs are also required in addition to alteration in the lifestyle.<sup>2</sup>

The basic aim of this survey was to provide the knowledge of biotechnology students about the hypertension.

## Materials and methods

A questionnaire was developed to check Awareness about hypertension among biotechnology students. It was consisted of 15 questions. Inclusion criteria were M.phil students to check awareness and exclusion criteria were Bsc HONS students.(Table 1)

**Table 1** Questionnaire to evaluate awareness about etiology of hypertension

Hypertension is a	Yes	No
1. Viral disease		
2. Bacterial disease		
3. Fungal disease		
4. Genetic disease		

5. Metabolic disease

### Ever suffered from hypertension

6. You

7. Your family

8. Your relative

9. Your neighbor

10. Your friend

### Hypertension is transmitted by

11. Contacts or blood transfusion

12. From parents to offspring

### Hypertension may be treated by

13. Medicines

14. Surgery

15. Do not worry, it is easily curable

## Results and discussions

A survey was carried out in the form of questionnaire consisting of 15 questions. It was carried out among 38 individuals. 6 of them were male students whereas 32 of them were female students. Not a single student either male or female called hypertension a viral, bacterial or fungal disease. But according to 66.66% male students and 87.5% female students it was a genetic disease. On the other hand, 66.66% of male students and 56.2% of female students called it a metabolic disease. The results have been shown in (Table 2).

**Table 2** Awareness about causes of hypertension:Views of biotechnology students

Questions	Male		Female		Total	
	Yes	No	Yes	No	Yes	No
1. Viral disease	0%	100%	0%	100%	0%	100%
2. Bacterial disease	0%	100%	0%	100%	0%	100%
3. Fungal disease	0%	100%	0%	100%	0%	100%
4. Genetic disease	66.66%	33.33%	87.50%	12.50%	84.21%	15.79%
5. Metabolic disease	66.66%	33.33%	56.20%	43.70%	57.89%	42.11%
<b>Ever suffered from hypertension</b>						
6. You	16.60%	83.30%	37.50%	62.50%	34.21%	65.79%
7. Your family	16.60%	83.30%	71.87%	28.13%	63.15%	36.85%
8. Your relative	16.60%	83.30%	75%	25%	65.78%	34.22%
9. Your neighbor	33.30%	66.60%	53.12%	46.87%	50%	50%
10. Your friend	33.30%	66.60%	12.50%	87.50%	15.79%	84.21%
<b>Hypertension is transmitted by</b>						
11. Contacts or blood transfusion	0%	100%	9.37%	90.63%	7.89%	92.11%
12. From parents to offspring	100%	0%	84.37%	15.62%	86.84%	13.16%
<b>Hypertension may be treated by</b>						
13. Medicines	100%	0%	93.75%	6.25%	94.74%	5.26a%
14. Surgery	0%	100%	15.62%	84.38%	13.16%	86.84%
15. Do not worry, it is easily curable	33.30%	66.60%	43.75%	56.25%	42.11%	57.89%

## Conclusion

From the results obtained by survey, it is concluded that the students of biotechnology were fully aware about the causes of the disease although not completely aware regarding therapy of the same disorder.

## Acknowledgments

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## References

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