Abstract

Background: gravidic hypertensive disease of pregnancy is a unique disease of human pregnancy. Hypertensive disturbances, especially eclampsia, constitute the fundamental cause of maternal death in developing countries. Objective: to elevate the knowledge level on risk factors of gestational hypertension in pregnant women. Method: an educational intervention study in pregnant women assisted at the Educational University Polyclinic Tula Aguilera, Camagüey municipality, from January 2007 to January 2008. The universe was constituted by one-hundred ninety-eight pregnant adolescents, according to probabilistic sampling fifty-two pregnant women were selected, an initial questionnaire was applied in relation to knowledge, main symptoms of hypertension, risk factors and perinatal cares in patients on risk of arterial hypertension. An educational intervention on the considered aspects of interest was established, three months later were applied to them the same questionnaire. Results were processed in a computed way applying statistical measures of frequency and percent distribution, presenting results in texts and charts. Before the intervention pain was recognized in chest, headache and ringing in the ears as main symptoms. The exaggerated increase of weight, the advanced age and obesity were recognized within the main risk factors. Results: it was observed that a low percent recognized in the first survey how the diet should be, that perinatal consultations should begin in a previous way. Almost the totality of the sample recognized perinatal cares in the precocious perinatal consultations, as well as hiperproteinic and normogrease diet, surveillance among the weight gain during pregnancy. Conclusions: the ignorance prevailed about the main symptoms of hypertension, risk factors and perinatal cares in patients on risk of arterial hypertension, what modified after having finished the educational intervention.

Keywords

HYPERTENSION, PREGNANCY-INDUCED, RISK FACTORS,PREGNANCY IN ADOLESCENT, ADOLESCENT, INTERVENTION STUDIES