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DO PEDIATRICIANS EVALUATE BLOOD PRESSURE FREQUENTLY?

C. Tsoumakas, A. Zervoudakis, P. Georgiopoulou-Mixa, **A.L. Papadopoulou**
Pediatric Department, KAT General Hospital, Athens, Greece
athinapap@yahoo.com

Hypertension proved to be the trigger to cardiovascular diseases or a sign of underline serious disorders. Thus, evaluation of blood pressure (BP) is considered to be important in the follow up of every child. However, pediatricians are not accustomed to measure BP frequently and WHO recently gave strict instructions. This study tried to define the pediatricians' habit concerning BP. 2258 children (120 boys, 138 girls) aged 2m-18y (mean age 11y) were examined in our unit during the period Jun-Dec 2002. BP was measured in all patients and data were collected concerning BP evaluation in the past. Results: In the past, 42% of the patients had BP measured and 7% had hypertension. In 58% BP was first measured in our unit even though they had a frequent follow up. Hospital Pediatric departments used to measured BP in half of the patients (48%) where as private pediatrician only in 19%. 124 cases (5,5%) with hypertension were diagnosed through this study and they were thoroughly evaluated. Conclusions: BP was not well followed up in childhood. It is suggested to all pediatricians and Pediatric Units to become familiar with BP evaluation in every patient they examine in order to early diagnose hypertension.

