



Effectiveness of nursing modules in community management of comorbidities hypertension and diabetes among patients with Covid 19

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Abstract:

About one-third of adults have hypertension, also known as high blood pressure. Hypertension is a serious condition that strongly increases the risk of major heart events, strokes and kidney disease. Treating hypertension, usually with medications that reduce the blood pressure, significantly lowers the risk of these dangerous outcomes. As per some reports, the most common comorbidities are Hypertension -30 % Diabetes -19 %- and Coronaryheartdisease-8%. People with Hypertension at High Risk Some people with hypertension are at a particularly high risk of the complications of hypertension as well as from the COVID-19 flu. The following situations require special attention. Older individuals (over 60) are at increased risk of poor outcomes from the COVID-19 flu as well as from their hypertension. Be particularly vigilant in observing our recommendations. Do not hesitate to get medical help if you develop symptoms. A previous heart condition, stroke or kidney disease: Be careful to take all your prescribed medications, follow all the recommendations already given and be prepared – if necessary – to actively seek medical help. JAMA study results shows about 80.4% of the patients who recovered from COVID -19 come back to the hospital and had the persistence of at least one symptom particularly fatigues, dyspnea, dry cough, chest pain and body ache. 53 % of patients showed with fatigue, 55 % of the patients had dyspnea, dry cough, chest pain and body ache, 32 % had only dyspnea and more than 44 % of the patient's health condition become worsened with the complications of myocardial infarction, pneumonia, respiratory distress syndrome, hypertension and brain fog The researchers are interested to find the effects of specific comorbidities and proposes to administer the follow up care comorbidity module on patients who recovered from COVID 19 disease and discharged. THE EXPECTED OUTPUT OF THE PROJECT: Researchers are proposing to apply the follow up care comorbidity module in view to assess the general health condition of the patients and risk of associated complications, Identification of high risk patients, Assessment of the Morbidity and mortality status among covid 19 recovered patients SOCIETAL RELEVANCE OF THE PROJECT: It is one of the novice studies, The participants in the study benefitted with



follow-up comorbidity care module. This follow-up care modules consists of reading material, videos and apps, which are useful for the participants and for others too.

Biography:

Dr. Sharadha Ramesh has completed her Faculty of Director Symbiosis College of Nursing, Symbiosis International University, Maharashtra, India. Her research focuses on Effectiveness of nursing modules in community management of comorbidities hypertension and diabetes among patients with Covid 19.

Publication of speakers:

- Dr. Sharadha Ramesh et al ; Site-specific integration of adeno-associated virus involves partial duplication of the target locus, 2009 Apr 16
- Dr. Sharadha Ramesh et al ; Combined small-molecule inhibition accelerates the derivation of functional, early-born, cortical neurons from human pluripotent stem cells, 2017 Jan 23
- Dr. Sharadha Ramesh et al ; Capturing the biology of mild versus severe disease in a pluripotent stem cell-based model of Familial Dysautonomia, 2016 Nov 14
- Dr. Sharadha Ramesh et al ; Feeder-free Derivation of Neural Crest Progenitor Cells from Human Pluripotent Stem Cells, 2014 May 22.
- Dr. Sharadha Ramesh et al ; Near-perfect infectivity of wild-type AAV as benchmark for infectivity of recombinant AAV vectors, 2010 Mar 25

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