



Report on World Hypertension Month 2024 Celebration at AIIMS Rajkot

In celebration of World Hypertension Month 2024, AIIMS Rajkot organized a series of events aimed at raising awareness and enhancing the understanding of hypertension among the community and medical students. These initiatives included a community awareness activity conducted by undergraduate students in the Outpatient Department (OPD) and integrated lectures for 3rd Professional MBBS undergraduate students.

Community Awareness Activity in OPD area of AIIMS Rajkot

Date of the activity: 30 May 2024

Participants

The activity was spearheaded by undergraduate (UG) students under the guidance of faculty members. A team of 10 enthusiastic UG students from 2nd Professional MBBS actively participated in the event.

Activities Conducted

1. **Interactive Sessions:** Students conducted interactive sessions with patients and their families, explaining the significance of lifestyle changes such as a balanced diet, regular exercise, reduced salt intake, and stress management in preventing hypertension.
2. **A Role Play:** A role play for the patients and relatives attending OPD of AIIMS Rajkot undergraduate students. The theme was prevention and awareness of hypertension including common symptoms. Two e-Posters were measuring the blood pressure

Outcomes

- **Increased Awareness:** Patients and their relatives attending OPD of AIIMS Rajkot were reached through the awareness activities. Many expressed gratitude for the valuable information and free screenings.
- **Student Engagement:** UG students gained practical experience in patient interaction, health education, and the importance of preventive healthcare.



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Integrated Lectures for 3rd Professional MBBS Undergraduate Students

Date of the activity: 27 May 2024

Lecture Series

The lecture series was structured to ensure an in-depth understanding of hypertension from multiple perspectives, integrating knowledge from various medical disciplines.

- 1. Pathophysiology of Hypertension:** This lecture covered the underlying mechanisms of hypertension, including genetic, environmental, and lifestyle factors. It also discussed the role of the renin-angiotensin-aldosterone system and sympathetic nervous system in the regulation of blood pressure.
- 2. Clinical Presentation and Diagnosis:** Students learned about the clinical features of hypertension, diagnostic criteria, and the importance of accurate blood pressure measurement techniques. Case studies were used to illustrate different clinical scenarios.
- 3. Management and Treatment:** This lecture focused on the management strategies for hypertension, including pharmacological and non-pharmacological approaches. The latest guidelines and evidence-based practices were discussed to ensure students are up-to-date with current standards.
- 4. Complications and Co-morbidities:** The potential complications of untreated hypertension, such as cardiovascular disease, stroke, and kidney damage, were highlighted. Students were educated on the importance of managing co-morbid conditions to improve patient outcomes.
- 5. Preventive strategies of hypertension along with the National Program for Non-Communicable Diseases.**

Outcomes

- **Enhanced Knowledge:** The integrated lectures provided students with a thorough understanding of hypertension, preparing them for clinical practice.
- **Interdisciplinary Approach:** The integration of knowledge from various medical fields fostered a holistic approach to patient care.
- **Student Feedback:** Feedback from students indicated a high level of satisfaction with the lectures, noting that the interactive and case-based learning methods were particularly effective.



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Conclusion

The celebration of World Hypertension Month 2024 at AIIMS Rajkot was marked by successful community engagement and educational initiatives. The community awareness activity in the OPD and the integrated lectures for 3rd Professional MBBS students contributed significantly to the overall goal of reducing the burden of hypertension through education, early detection, and effective management. These activities not only benefitted the community but also enriched the learning experience of the medical students, preparing them to be better healthcare providers in the future.