

Abstract:

Arterial hypertension represents serious health issue in developed countries. Together with smoking, diabetes, dyslipidemia and obesity it is one of the most important risk factor of the cardiovascular diseases, ischemic heart disease, stroke and other atherosclerosis manifestation.

This bachelor thesis in its theoretical part contains an overview of basic facts about arterial blood pressure, regulatory mechanisms in the organism related to the possibilities of pharmacological interventions and also an overview of non-pharmacological measures, recommended to be introduced together with the pharmacological treatment of the hypertension. The thesis studies an effect of psycho-social factors on the hypertension prevalence in population and possibilities of hypertension prevention and treatment via lifestyle changes. The barriers in lifestyle changes implementation are described as well as scientific papers studying an effect of multi-component behavioral intervention on the blood pressure.

Practical part of the thesis analyzes an anonymous research based on the questionnaire distributed among 72 3rd internal clinic patients diagnosed with the resistant hypertension and located at the department C. Personal characteristics and the patients' style of life was followed in order to find any typical repetitive pattern of these parameters and establish the typical profile of a person with resistant hypertension. In the same time the level of patients' knowledge in the area of non-pharmacological measures of the hypertension treatment, the patients' ability to implement them in practice and the key barriers of their implementation were studied.

Key words: arterial hypertension, blood pressure, non-pharmacological measures, style of life