SUMMARY

The world's populations are at increasing risk of development of cardiovascular disease. This does not spare anyone. The insidious onset of hypertension and its role in mortality and morbidity calls for the need to encourage health promotion and disease prevention activities such as cardiovascular risk screening and exercise prescription.

The study aimed at the effect of counselling and prescribing exercise to hypertensive patients found to have high risk of cardiovascular disease and to observe their stages of change on the physician -based assessment and counselling for exercise (PACE) protocol.

The study was a multistage study consisting of an initial survey of the cardiovascular risk of the study population and then a randomised control trial conducted between October 2013 and March 2014. The total of 50 consenting hypertensive patients seen at out-patients department of Bingham University teaching Hospital were recruited and randomly allocated to control and intervention group of 25 patients each. Socio-demographic, clinical, QRISK2 and Exercise prescription data were obtained using standardized questionnaire. A total number of 50 patients were recruited and 41 completed the study after eight weeks of follow-up. The data was collated and analysis was done using SPSS version 20. Results were presented as statistical means, chi-square and student t-test.

The Mean QRISK2 score was 12.7±2.5 for high risk while the stage of change distribution of the patients was; 8% precontemplators, 64% contemplators and 28% actives. The level of change in stage of change had a p-value 0.03 less than 0.05(table 8). The degree of improvement in PACE
score comparing intervention group after intervention with control was a p-value of 0.001 (table 9)

Exercise prescription giving to hypertensive patients with high QRISK2 can improve the level of change in stage of change and physical activity based on the PACE score.