



Proceso selectivo para ingreso en la Escala de Médicos Inspectores del Cuerpo de Inspección Sanitaria de la Administración de la Seguridad Social, convocadas por Resolución de 30 de diciembre de 2022 (Boletín Oficial del Estado de 31 de diciembre de 2022).

CUARTO EJERCICIO (PRUEBA DE IDIOMA). 17 DE JUNIO DE 2023

Hypertension is one of the most prevalent non transmissible diseases. It is one of the most important risk factors of cardiovascular diseases and is considered a global public health threat with significant economic and social impact.

At the same time, early detection, adequate treatment and good control of hypertension are cost-effective interventions to reduce disability, morbidity and mortality from hypertension and its complications.

An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries. One of the global targets for noncommunicable diseases is to reduce the prevalence of hypertension by 33% between 2010 and 2030.

People with high blood pressure may not feel symptoms. Hypertension (high blood pressure) is when the pressure in blood vessels is too high (140/90 mmHg or higher).

Blood pressure is the force exerted by circulating blood against the walls of the body's arteries, the major blood vessels in the body. Blood pressure is written as two numbers. The first number (systolic blood pressure) represents the pressure in blood vessels when the heart contracts or beats. The second number (diastolic blood pressure) represents the pressure in the vessels when the heart rests between beats. Hypertension – or elevated blood pressure – is a serious medical condition that significantly increases the risk of stroke, ischaemic heart diseases and kidney diseases.

However, cost-effective treatment options do exist. The World Health Organization recommends initiation of pharmacological antihypertensive treatment of individuals with a confirmed diagnosis of hypertension and systolic blood pressure of ≥ 140 mmHg or diastolic blood pressure of ≥ 90 mmHg, and of individuals with existing cardiovascular disease and systolic blood pressure of 130–139 mmHg.

Pharmacological treatment is to be initiated under the following circumstances:

- A diagnosis of hypertension has already been made.
- Initiation of pharmacological treatment should start no later than four weeks after diagnosis of hypertension.
- If blood pressure level is high or there is accompanying evidence of end organ damage, initiation of treatment should be started without delay.



- Basic laboratory testing (electrolytes, creatinine, lipogram, glucose, HbA1C, urine dipstick, and ECG) to occur as long as it does not delay treatment.
- A CV (cardiovascular risk assessment can be conducted immediately (as long as it does not delay initiation of treatment) or at a later visit.
- Consider using diuretics or CCB (Calcium Channel Blockers) in patients 65 years or older, or those of African or Afro-Caribbean descent, and beta-blockers post myocardial infarction.

Fuentes

Texto elaborado a partir de:

Guideline for the pharmacological treatment of hypertension in adults. Geneva: World Health Organization; 2022. Disponible en:

<https://apps.who.int/iris/bitstream/handle/10665/344424/9789240033986-eng.pdf>

World Health Organization (2023), "Hypertension".

Disponible en <https://www.who.int/es/news-room/fact-sheets/detail/hypertension>