

Press release

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Basic information

Name: Dinesh Neupane Email: dn@ph.au.dk Phone: 71455251

Department of: Public Health

Main supervisor: Per Kallestrup

Title of dissertation: Community-based management of hypertension in Nepal

Date for defence: June 30, 2017 at (time of day): 13.00 O'clock Place: Building 1262, Room 101 (Samfundsmedicinsk Auditorium)

Press release (Danish)

Nærsamfunds-baseret håndtering af forhøjet blodtryk i Nepal: En undersøgelse af frivillige landsby-kvindes potentielle rolle

Et ph.d.-projekt fra Aarhus Universitet undersøger effekten af en diagnostisk og forebyggende indsats overfor forhøjet blodtryk udført af frivillige landsbykvinder i Nepal. Undersøgelsen undersøgte, hvor udbredt højt blodtryk er i Nepal, og hvorvidt lokale frivillige kvinder (Female Community Health Volunteers) - en type lokale sundhedsarbejdere i Nepal - kan bidrage til at forebygge og reducere højt blodtryk i den lokale nepalesiske befolkning. Undersøgelsen fandt, at FCHV ledet livsstilsintervention kombineret med hjemmebaseret blodtryksovervågning er effektivt til reduktion af blodtrykket blandt hypertensive og signifikant forbedrede den forventede stigning i blodtrykket blandt normotensive og præhypertensive voksne i den generelle befolkning i Nepal, et lavindkomstland. Denne strategi er mulig at opskalere i lande med stærke netværk af lokale sundhedsarbejdere og i lande, der udvikler sådanne netværk. Projektet blev udført af Dinesh Neupane, som forsvare sin afhandling den 30/06.

Forsvaret er offentligt og finder sted den 30/6 kl. 13.00 i Bygning 1262, lokale 101 (Samfundsmedicinsk Auditorium), Aarhus Universitet, Bartholins Alle, Aarhus. Projektets titel er "Nærsamfunds-baseret håndtering af hypertension i Nepal." For yderligere information kontakt ph.d.-studerende Dinesh Neupane, email: dn@ph.au.dk, Tlf: 71455251.

Press release (English)

Community-based management of hypertension in Nepal: Exploring the potential role of Female Community Health Volunteers

A PhD project from Aarhus University investigate the effect of lay community health workers led intervention for hypertension management in Nepal. The study explored how widespread high blood pressure is in Nepal and whether Female Community Health Volunteers(FCHV) – a type of community health worker in Nepal can help to prevent and reduce high blood pressure in the local Nepalese population. The study found FCHV led lifestyle intervention coupled with home-based blood pressure monitoring is effective for reducing blood pressure among hypertensive and significantly ameliorated the expected increase in blood pressure among normotensive and prehypertensive adults in the general population of Nepal, a low-income country. This strategy is potentially feasible for up-scale in countries with strong networks of community health workers and in those that are developing these networks. The project was carried out by Dinesh Neupane, who is defending his dissertation on 30/06.

The defence is public and takes place on 30/6 at 13.00 in Building 1262, Room 101 (Samfundsmedicinsk Auditorium), Aarhus University, Bartholins Alle, Aarhus. The title of the project

is "Community-based management of hypertension in Nepal." For more information, please contact PhD student Dinesh Neupane, email: dn@ph.au.dk, Phone: 71455251.

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