

Prediction of Cardiovascular Disease for the Next Ten Years among Administrative Employees for An-Najah National

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Abstract

Introduction

Cardiovascular disease refers to a narrowing of the coronary arteries that supply oxygen and blood to the heart. This is also known as coronary artery disease and is known to be a major cause of illness and death. Cardiovascular disease is caused by non-modifiable risk factors including age and genetic factors, and modifiable risk factors including; smoking, unhealthy diet with high cholesterol, sedentary life style, stress, uncontrolled hypertension.

Aim of the study

The aim of the study is to predict the risk of cardiovascular for the next ten years among An-Najah National University employees.

Study methodology

A quantitative descriptive design is conducted using WHO/ISH risk prediction chart which is developed by WHO (2007), for An-Najah National University administrative employees whose age is forty to sixty years old. Total number of administrative employees whose age forty to sixty are 136. The selected sample is 72% of administrative employees to be representative of the total number of administrative employees.

Result

After data analysis, age and total cholesterol level were found to have a significant correlation at 0.05 with average risk, but gender, smoking, diabetes and systolic blood pressure were not significantly correlated at 0.05 with average risk, and we also found that the average risk for most administrative employees is at risk less than 10%.

Key words

Cardiovascular disease, Systolic blood pressure, Total cholesterol, Diabetes, Smoking, Risk, Prediction.