Knowledge, Practice and Attitude of a Group of Physicians with Joint National Committee (JNC-7) Guideline in Diagnosis and Management of Hypertension

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Abstract: Hypertension is one of the most frequently encountered chronic medical conditions in almost all societies. The Seventh Report of the Joint National Committee (JNC-7), published in 2003 is an important tool on Detection, Evaluation, and Treatment of High Blood Pressure. In this cross sectional study, we used a predesigned questionnaire to evaluate knowledge, attitude and practice of a group of physicians with this guideline. Two hundred physicians and residents in two different cities (Zabol and Mashhad) participate in this study. The majority of our study population had poor knowledge about 6 key concepts of JNC, and general practitioners had the lowest knowledge in comparison to specialist and residency students (P-value<0.05). The knowledge scores were significantly higher in Mashhad (P-value <0.05). Most of our study population refer to American Heart Association guideline as the most reliable and useful guideline in hypertension management. Considering the importance of evidence based medicine and its benefits, we can suggest more emphasizing on evidence based guidelines during education in medical schools and regular Continuous Medical Education programs after graduation as potential solutions.

Keyword: JNC 7, Hypertension, Zabol, Mashhad