CARDIOVASCULAR HEALTH RISK AMONG UNIVERSITY STUDENTS (CAREER COUNSELLING)

AUTHORS

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Are the kids (students) ok?

Traditional career guidance focuses on individuals’ abilities, interest and personality. However, within the world of work a person’s health is important as it can influence the individual’s ability to be effective and efficient in his/her career.
METHODOLOGY

Purpose
To describe the cardiovascular health of second-year university students and to make career counsellors aware of the risk of CVD among undergraduate students.

Motivation
To find a fit between individual employees and organisational expectations and the changing nature of work in terms of cardiovascular diseases that may affect careers.

Research design, approach and method
Quantitative, cross-sectional study to determine university students’ cardiovascular health.
The sample used in this research study consisted of 162 university students, between the ages of 18 and 25 years.
PRACTICAL IMPLICATION / VALUE-ADD

Career counselling

Heart rate

Cardiovascular health

High blood pressure
RESEARCH OBJECTIVES

Objective 1
- To show students how to measure blood pressure, heart rate and cardiac stress. In the process, students were shown the status of their cardiovascular health and to educate students who are registered for the physiology course on how CVD can be quantified.

Objective 2
- To measure second year students’ CVD
RESEARCH RESULTS

Objective 1

- Students studying the cardiovascular system as part of their physiology course participated in the study as part of the practical requirements for the module.

Objective 2

- The sample: 129 females and 33 males; ages 18 - 25 years.
- Mean CSI - above the accepted limit for healthy cardiac stress (20%) & mean heart rate, blood pressures - within accepted ranges.
THE MEAN, STANDARD DEVIATION (SD) AND P-VALUE FOR AGE, HEART RATE AND BLOOD PRESSURE ACROSS THE CARDIAC STRESS INDEX (CSI) GROUPS

<table>
<thead>
<tr>
<th></th>
<th>CSI class</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (y)</td>
<td>&lt;20%</td>
<td>20.3273</td>
<td>1.23310</td>
<td>0.404</td>
</tr>
<tr>
<td></td>
<td>&gt;20%</td>
<td>20.4808</td>
<td>1.02380</td>
<td></td>
</tr>
<tr>
<td>Heart rate (bpm)</td>
<td>&lt;20%</td>
<td>74.8182</td>
<td>8.76249</td>
<td>0.001</td>
</tr>
<tr>
<td></td>
<td>&gt;20%</td>
<td>87.3868</td>
<td>15.47445</td>
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<tr>
<td>Systolic BP (mmHg)</td>
<td>&lt;20%</td>
<td>119.2364</td>
<td>12.00149</td>
<td>0.618</td>
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<tr>
<td></td>
<td>&gt;20%</td>
<td>120.2925</td>
<td>13.05444</td>
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<tr>
<td>Diastolic BP (mmHg)</td>
<td>&lt;20%</td>
<td>70.6364</td>
<td>8.90352</td>
<td>0.032</td>
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<tr>
<td></td>
<td>&gt;20%</td>
<td>74.1698</td>
<td>10.27570</td>
<td></td>
</tr>
</tbody>
</table>
90 students had high blood pressure

73 students had pre-hypertension

17 students had stage 1 hypertension

105 students had cardiac stress

Almost 10% had cardiac stress, elevated heart rate and high blood pressure levels

64 students with elevated CSI readings also had high blood pressure