



<b>Evento</b>	Salão UFRGS 2018: SIC - XXX SALÃO DE INICIAÇÃO CIENTÍFICA DA UFRGS
<b>Ano</b>	2018
<b>Local</b>	Campus do Vale - UFRGS
<b>Título</b>	Correlation of Dietary Sodium Restriction Questionnaire (DSRQ) with spot urinary sodium excretion in hypertensive individuals
<b>Autor</b>	NURIA MARQUES SA
<b>Orientador</b>	LEILA BELTRAMI MOREIRA

Correlation of Dietary Sodium Restriction Questionnaire (DSRQ) with spot urinary sodium excretion in hypertensive individuals.

Núria Marques Sá (autor)

Leila Beltrami Moreira (orientador)

Universidade Federal do Rio Grande do Sul - UFRGS

### Introduction

The prevalence of hypertension is high worldwide and roughly half of hypertensive individuals do not have adequate blood pressure control primarily due to poor adherence to treatment. Recommendation of sodium restriction diets is one of the most common nonpharmacologic intervention recommended to patients diagnosed with hypertension. The Dietary Sodium Restriction Questionnaire (DSRQ) was validated in assessing adherence to a low-sodium diet in patients with hypertension through a 15-item evaluation of three subscales: attitude, subjective norm, and perceived behavioral control. This study aims to evaluate whether the Dietary Sodium Restriction Questionnaire (DSRQ) adequately reflects sodium consumption estimated by sodium excretion in urine sample in hypertensive patients, thereby validating its use in monitoring non pharmacologic treatment for hypertension.

### Methods

The study was conducted based on participants' database from the study "The effectiveness of an educational intervention to sodium restriction in patients with hypertension", including female and male individuals from 40 to 80 years old on treatment at the hypertensive outpatient department of Hospital de Clínicas de Porto Alegre. 109 participants were analysed from the 120 originally enrolled in the study who had documented DSRQ scored and urine sodium levels at baseline evaluation. The analysis was carried out using Pearson Correlation Coefficient between participants' questionnaire scores and spot urine sodium level at baseline, to assess the validity of the Dietary Sodium Restriction Questionnaire as an instrument to evaluate adherence to the low-sodium diet intervention.

### Results

Participants selected for this cross sectional analysis had a mean age of 61.7 (SD 10.2) years, SPB of 141.7 (SD 23.1) mmHg, DBP of 81.3(SD 16.3) mmHg, and mean urine sodium levels of 118.3 mEq/L (SD 50.2) and DSRQ total score of 55.67 (SD 6.9) and median 57.0. Pearson Correlation Coefficient was of -0.197 ( $p=0.04$ ), which provides a previously expected inverse correlation between the two variables.

### Conclusions

A statistically significant inverse correlation was found between participants' DSRQ total scores and urine sodium levels, which suggests due validity in the application of the Dietary Sodium Restriction Questionnaire for evaluating adherence to nonpharmacologic intervention in hypertensive patients.