

## Health action to contemplate the HIPERDIA Health Program: An experience report

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### ABSTRACT

**Introduction:** The HIPERDIA Program is a public policy developed by the Ministry of Health with the aim of carrying out quarterly follow-ups of hypertensive and diabetic patients. Although these are two very prevalent chronic conditions in the population, this Program will make it possible to achieve a better quality of life for those with them. **Objective:** To report the experience of health action on HIPERDIA within the Primary Care system. **Method:** This is an experience report on a health action about the HIPERDIA Program, held in August 2023 at the Basic Health Unit in the municipality of Belém in Alagoas, in which an interdisciplinary health team composed of professionals such as doctors, nurses, nursing technicians, nutritionists operates, providing consultations, lectures and educational dynamics in the waiting room. **Results:** The health professionals who acted in an educational manner in this action were able to promote health knowledge to hypertensive and diabetic patients treated at this unit, the target audience of the campaign, increasing their attendance and periodicity in multiprofessional consultations, as well as in the adequate submission to the control and follow-up protocols of these chronic conditions. The importance of adopting good lifestyle habits and carefully maintaining the prescribed pharmacological treatments was emphasized. **Conclusion:** Understanding how systemic arterial hypertension and diabetes mellitus are widely present within the health system, it is necessary for primary care professionals to be attentive and involved in actions such as the one described, in order to promote information about clinical conditions, health education and interest in adhering to the necessary care. Patients affected by this action will be more apt to stabilize their pats even with the diagnoses made.

**Keywords:** Health action, Primary care, Hyperday, Hypertension, Diabetes Mellitus.

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