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Hypertensive patients: the reality of a primary care doctor's patient list

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Background & Aim: The prevalence of hypertension among adult population in Portugal was, in 2013, around 27%, with a slightly higher prevalence in females. About 40% of the hypertensive patients had also type 2 diabetes and 50% had dyslipidemia. Our objective it's characterize the hypertensive patients of a primary care doctor's patient list.

Methods: It was conducted a cross-sectional study of a random sample of 312 users from the 1642 users of a primary care doctor's patient list.

Results: In the sample analysed, there were 29,5% hypertensive patients, of which 51% were women. There was a higher prevalence of hypertension in the age group of 60 to 79 years, with an average age of 64 years. Hypertensive patients had other cardiovascular risk factors, such as: dyslipidemia (65,25%), obesity (40,2%) and smoking (14,1%). The classification of cardiovascular risk assessed by SCORE was: 13% with a low risk, 29,3% with a moderate risk and 4,3% with a high risk. About 98% of hypertensive patients were receiving pharmacological treatment, most of them with 2 drugs associated (44,6%). The most common pharmacological classes were angiotensin-converting-enzyme inhibitor (50%) and diuretics (43,3%). High blood pressure was controlled in 63,3 % of the cases evaluated.

Conclusions: This study reinforces the need of correction of cardiovascular risk factors in hypertensive patients, in particular obesity/ overweight. It is crucial the adoption of modifying measures of lifestyle, such as diet measures (not forget the salt intake reduction) and physical exercise, as well a larger awareness of the general public about this disease, complications associated and respective preventive measures.