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Metabolic syndrome burden in hypertensive patients registered through the panel support tools for chronic disease surveillance in eHRs

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Background and Aim: in Croatia, Information Technology System (ICT) and electronic health records (eHRs) have been established in PHC and family medicine settings for a long time and have been continuously upgraded, to improve connectivity within the healthcare system and quality of patient care. Panels for chronic disease surveillance, established in eHRs several years ago, are parts of these efforts. The aim was to show how healthdata from these panels can be integrated to produce new useful information.

Methods: The panels of 210 patients with hypertension, 25-90 years old, residents of the town of Osijek, eastern Croatia, were manually analysed, to assess the comorbid presence of the metabolic syndrome.

Results: The comorbidity of hypertension with the metabolic syndrome was found in a total of 123 hypertensive patients (58,6%), M 43,9% and F 56,1%, with prevalence increasing with age. The representation of particular components of the metabolic syndrome was as follows: visceral obesity in 98,5% of women (according to either IDF or ATP-III definition) and in 96,3% or 75,9% of men, respectively; increased fasting blood glucose in 74,1% of men and 69,6% of women; increased triglycerides in 70,4% of men and 65,2% of women and decreased HDL cholesterol in 14,3% of men and 18,3% of women. The distribution of patients having three, four or five components of the metabolic syndrome was as follows: 52,9%, 36,6% and 10,6%.

Conclusion: Hypertensive patients in this part of Croatia are frequently burdened with the features of the metabolic syndrome. The panels for chronic disease surveillance would be a valuable source of new information, if healthdata were integrated by appropriate statistical applications.