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The relationship between hyperuricemia and hypertension in primary care patients

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Background and Aim: Over the last four decades, the prevalence of hyperuricaemia has increased in the developed and developing countries. Various epidemiological studies and clinical trials have shown that elevated serum uric acid level is closely related to the development of hypertension. Hypertension has been reported as the highest non-communicable disease that visit primary health centers in our Municipality, Padang of West Sumatera Province of Indonesia from 2012 to 2014. This study aims to determine whether the hyperuricemia have relationship with hypertension cases in the primary care patients.

Method: We conducted a cross-sectional study in between January and March 2015 in Pauh Primay Health Center of Padang Municipality of Indonesia. We collected 63 patients by employing consecutive sampling technique, who met with the inclusion criteria of the study and had their willingness to participate in the study voluntarily. We measured patients' serum uric acid level and blood pressure that complied to ethical guideline and as well as sought formal approval from the municipality department of health. The data was analyzed descriptively and as well as using chi-square test for bivariate analysis.

Result: The results showed that most of hyperuricemia cases occur in the age group 39-45 years, which is almost equal number between man and woman. Bivariate analysis shows that hyperuricemia is related to hypertension ($p < 0,05$, $OR = 9,062$, $CI 95\% = 2,276-36,084$).

Conclusion: The hyperuricemia in our primary care setting 'Pauh Primary Health Center' of Padang Municipality of Indonesia has significant relationship to hypertension. Therefore, in managing hypertension, especially for 'stubborn' cases, we should consider hyperuricemia as a hidden risk factor.