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Uncontrolled hypertension in the Primary Care Unit at Songklanagarind Hospital

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Background: Hypertension is a major health problem worldwide that emerged as a leading risk factor for cardiovascular diseases. Despite a dramatic improvement in hypertension therapy, uncontrolled hypertension is quite prevalent in many countries.

Method: We collected the latest systolic and diastolic blood pressures from 1311 hypertensive patients who visited the Primary Care Unit at Songklanagarind Hospital from October to December 2013. The primary outcome of this cross-sectional study was the prevalence of uncontrolled hypertension based on the Thai Guideline on the Treatment of Hypertension 2012, the 7th report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (JNC7) and its recently released version, JNC8. The data of patients with controlled and uncontrolled hypertension **Results:** The prevalences of uncontrolled hypertension in the Primary Care Unit at Songklanagarind Hospital were 57.24%, 53.43% and 29.97%, based on the Thai guideline, JNC7 and JNC8, respectively. Throughout these three guidelines, the NCEP III for cardiovascular risk prediction level was the only variable with statistical differences that was consistently found between patients with uncontrolled and controlled hypertension. The distribution differences vary among the guidelines used concerning socio-demography, comorbidities and medication profiles in terms of their significance.

Conclusion: Given that the 2014 Thai health indicators and extensively-cited American leading health indicators suggested the proportion of patients with uncontrolled hypertension to be lower than 50 and 62.1 percent respectively, the prevalence of uncontrolled hypertension in our setting remained unsatisfied. Additionally, certain characteristics observed in patients whose blood pressure was uncontrolled might warrant further investigations in order to decipher underlying hurdles impeding successful control of hypertension.