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Risk factors for poor blood pressure control among hypertensive patients attending medical clinics teaching hospital, batticaloaK Karthijekan ¹, K Kartheepan.²

High Blood Pressure is one of the major risk factors for Coronary Heart Disease and Cerebrovascular Disease. It is estimated that one quarter of all the adults in the world have hypertension (HT). HT is responsible for at least 45% of deaths due to heart disease, and 51% of deaths due to stroke. The aim of this study is to identify the risk factors for poor blood pressure control among HT patients who attending medical clinics Teaching Hospital Batticaloa. This was a descriptive cross sectional study carried out among 168 HT patients. Simple random sampling method was used to select sample. Interviewer administered questionnaire was used to collect data on socio-demographic and life style practices and anthropometrics measurement were taken by the investigator. Patient's clinical record was used to assess the lipid profile and blood pressure measurement. Among the 168 patients 33.3% were controlling their blood pressure in normal level. 39.3 % of them were male and 60.7 % were female. 64.9 % of them were Tamil, 26.8% and 8.3% were Muslims and Burgers respectively. Among them 17.9% had no formal education, 40.5%, 28.6%, 20.8%, 8.9% and 19% had family history of HT, overweight and obese, currently smoking and drinking habits were respectively. Mean value of systolic blood pressure, diastolic blood pressure, triglyceride, HDL, LDL and cholesterol level among patients were 137.57 ± 10.54 mmHg, 92.23 mmHg ± 04.63 mmHg, 148.28 ± 18.04 mg/dl, 51.96 ± 08.78 mg/dl, 88.06 ± 18.41 mg/dl and 193.51 ± 28.19 mg/dl respectively. 72.6% patients were aware that HT can cause complications. There was a significant association between control of hypertension and education (P =0.000), occupation (P =0.000), income P =0.000), exercise (P =0.04), meal type (P =0.04), and body mass index (P =0.043). Health education programs have to be done for public regarding the primary prevention and consequences of HT, especially adults of 51-70 years age group, who were more vulnerable.

Key words: Hypertension, Risk Factors, Body Mass Index, Complications

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