

**STATISTICAL STUDY OF HYPERTENSIVE PATIENTS IN
OUTPATIENT CLINICS OF HEALTH INSURANCE, ALEXANDRIA**

**PART II: PREDICTORS OF BLOOD PRESSURE CONTROL AMONG
CHRONIC CASES**

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Summary

Despite the high prevalence and associated danger, hypertension remains inadequately treated in the majority of patients. The aim of the present study was to estimate the prevalence of uncontrolled hypertension among Health Insurance (HI) hypertensive patients with at least one year duration of hypertension and to determine the various risk factors of poor blood pressure control. A cross-sectional study design was used where two HI specialist clinics were selected randomly. Each clinic was visited twice/week for one year. From each clinic chronic hypertensive patients were selected by systematic sampling till the minimum required sample size was exceeded. Data were collected by an interview sheet about sociodemographic data, medical history life style, and patient's compliance, review of the patient's record seeking for the average blood pressure level from the whole year measurements, a stress scale questionnaire, and measurement of patient's weight and height. The study included 683 hypertensive patients (58.7% are males) with a mean age of 59.1 ± 8.9 years and a mean blood pressure of 149.9 ± 17.7 mm Hg systolic and 90.8 ± 8.7 mm Hg diastolic. The percentage with uncontrolled hypertension was 67.9%. Stepwise logistic regression analysis indicated that poor blood pressure control was more likely among drug or diet non-compliant patients, tense, obese, or with infrequent blood pressure checking. Area under the ROC curve (0.753) indicated good prediction of the logistic regression model. It is recommended to encourage frequent blood pressure checking perhaps by creation of a special clinic for hypertension in HI, raising patient compliance and reducing tension by regular educational programmes and relaxation exercises. Also stressing on weight reduction instructions by educational pamphlets

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