

The Prevalence of Uncontrolled Hypertension among Patients Taking Antihypertensive Medications and Associated Factors in Nablus Governorate-North West Bank

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Abstract:

Background:

Uncontrolled hypertension (HTN) is a challenge for public health professionals all over the world. It is the leading and most important modifiable risk factor for coronary artery disease, congestive heart failure, stroke, renal diseases and retinopathy.

Objectives:

The aim of the present study was to estimate the prevalence of uncontrolled HTN among Palestinian hypertensive patients on treatment and under primary health care (PHC) settings follow-up in Nablus governorate – North West Bank. In addition, the study aimed to explore the relationship of some socio-demographic and clinical factors with HTN control.

Methods:

A cross sectional study was conducted at central PHC setting in Nablus city. By using convenience sampling method, the sample size was 218 adults, aged 18 years and above who satisfied the inclusion criteria and consisted of 87 (39.9%) men and 131 (60.1%) women. A systematic random method was used for the selection of the above sample. A structural questionnaire was completed during a face -to- face interview. Blood pressure (BP) was measured using a mercury sphygmomanometer according to the recommendations of the 7th report of The Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (JNC-7). Height was measured with an ordinary measuring tape to the nearest centimeter (cm). Weight was measured with ordinary scale- non electronic portable balance to the nearest 0.5 kilogram (kg). Chi Square Test and multivariate logistic regression were applied for data analysis.

Results:

The targets for adequate BP control were achieved in 37.6 % of the studied patients. Lower BP control was found among hypertensive patients who were smokers (OR = 4.068, P