

3<sup>rd</sup> Annual Congress & Medicare Expo on  
**PRIMARY HEALTHCARE, CLINICAL &  
MEDICAL CASE REPORTS**

April 17-19, 2017 Dubai, UAE

**Control of hypertension in eastern Saudi Arabia: Results of screening campaign**

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**Objective:** To assess the pattern of follow-up and level of hypertension control according to sociodemographic, and clinical risk factors in the participants of a screening campaign.

**Research Design & Methods:** In 2004, all Saudi residents in the Eastern Province, aged 30 years and above, were invited to participate in a screening campaign for the early detection of diabetes and hypertension. A structured questionnaire was completed during a face-to-face interview. The presence of hypertension and the place of follow-up were recorded. Blood pressure was measured by trained nurses using a mercury sphygmomanometer, according to the recommendations of The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC VII).

**Results:** Thirteen point one percent of the participants had been previously diagnosed as having hypertension. In 34.3% of them, blood pressure was controlled, while 40.8% had combined uncontrolled SBP and DBP, 14.4% had isolated uncontrolled SBP, and 10.5% had isolated uncontrolled DBP. The blood pressure control was inversely associated with age. It was higher in women, singles, the educated, in those with BMI of less than 25 kg/m<sup>2</sup>, and in those with positive history of CVD (p<0.001).

**Conclusion:** Co-morbidities relevant for hypertension are very prevalent, so aggressive BP control is mandatory.

**Biography**

Nadira A Al-Baghli is a Consultant in Family & Community Medicine. She has completed her graduation from King Faisal University, KSA, and she is having a Master's degree in Medical Education from Arabian Gulf University, Bahrain. She was the Director of Infection Control in Eastern Province, KSA for 5 years. Currently, she is working in consultation clinics in Dammam, Directorate of Health Affairs, EP, KSA. She has published more than 15 papers in reputed journals about chronic diseases and medical education programs. She has special interests in Biostatistics, EBM, and Infection Control.

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