

## **SAND abstract No. 122 from the BEACH program 2007–08**

### **Subject: Hypertension and use of combination products in general practice patients**

**Organisation supporting this study:** Sanofi-Aventis Australia Pty Ltd

**Issues:** Prevalence of diagnosed hypertension in patients attending general practice. Proportion of these who are on combination pharmacological products for hypertension and length of time used; use of single product medications (diuretic, beta-blocker, calcium channel blocker, ACE inhibitor, A2RA) (tick boxes, multiple response allowed) used before moving to combined product; level of blood pressure control in those on combination products and level of control in those on previous single product medications; reasons for moving from single product(s) to combination product.

**Sample:** 3,375 patients from 115 GPs; data collection period: 22/01/2008 – 25/02/2008.

**Method:** Detailed in the paper entitled 'SAND Method 2008-09' available at: [www.fmrc.org.au/publications/SAND\\_abstracts.htm](http://www.fmrc.org.au/publications/SAND_abstracts.htm).

### **Summary of results**

The age and sex distributions of sampled patients were similar to those of patients at all 2007-08 BEACH encounters, 41.5% being male.

Of the 3,375 patients, 935 (27.7%, 95% CI: 25.0–30.4) had diagnosed hypertension (either controlled or uncontrolled) and there was no difference in prevalence between males (30.2%, 95% CI: 26.6–33.8) and females (26.0%, 95% CI: 23.2–28.7). The prevalence was very low (1.4%) among those aged less than 25 years and increased with age, from 5.7% among 25–44 year olds, 32.9% among 45–64 year olds, 56.3% among 65–74 year olds, to 64.9% among those aged 75 years and over.

Of 920 patients with hypertension for whom combination product information was provided, 223 (24.2%) were on a combination product: 12.1% on an ACE inhibitor/diuretic combination, 10.2% on an A2RA/diuretic and 1.4% on an ACE/calcium channel blocker combination. The majority (55.3%) of the 219 patients who gave length of time on the combined product, indicated they had been taking it for more than 2 years. For 221 patients on a combined product, current level of blood pressure (BP) control was given: 84.2% well controlled, 14.5% BP too high, 1.4% BP too low.

For 200 patients reporting previous medication, 198 had used at least one of the listed medication types and together had been using 271 medication types. Of these, 55.1% were ACE inhibitors, 25.1% were calcium channel blockers, 24.6% were A2RAs, 16.4% were beta blockers and 9.7% were diuretics. For 198 patients who had previously used the listed medications, BP control was good for 24 (12.1%), too high for 85.9% and too low for 2.0%.

Reasons for moving to a combination product were given for 211 patients (multiple responses allowed): for 75.4% it was to improve BP control; for 44.1% it was to add a second drug; for 37.0% it was to have simpler therapy; for 24.6% it was to reduce cost to the patients; for 7.1% it was to reduce side effects, and for 6.2% the reasons were not known.

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# PLEASE READ CAREFULLY

The shaded section of the following forms asks questions about **COMBINATION PRODUCTS IN HYPERTENSION**.  
 You may tear out this page as a guide to completing the following section of forms.

## INSTRUCTIONS

Ask **ALL** of the **next 30 PATIENTS** the following questions in the order in which the patients are seen.

Please **DO NOT** select patients to suit the topic being investigated.

### Hypertension

Please advise whether or not this patient has **diagnosed Hypertension** (controlled or uncontrolled) as a problem currently under management. Include patients regardless of whether or not they are taking **medication** for the **management** of hypertension, which was prescribed either today or at a previous encounter, by you, or by another doctor.

### Management

Please advise whether the patient is taking a **combination product** for the **management** of hypertension.

If **'No'** you should **end the questions here**.

If **'Yes'** please continue.

### Duration of use

Please tick one box to advise the approximate **duration of use** of the combination product.

### Current BP control

Please advise whether (in your clinical opinion) the patient's BP is **well controlled, too high or too low**.

### Previous hypertension medication

Please use the tick boxes to advise the **single product** medications taken by the patient **prior to commencing** the combination product.

Please tick as many as apply.

### Uncontrolled BP - previous medication

Where BP was **uncontrolled on the previous medication**, please use the tick boxes to advise what you consider to be the **main reason/s** (in your clinical opinion).

If the reason is one other than those listed, please tick the box labelled **'other'** and **write the reason** in the space provided.

### Uncontrolled BP

Where BP is **uncontrolled**, please use the tick boxes to advise what you consider to be the **main reason/s** (in your clinical opinion).

If the reason is one other than those listed, please tick the box labelled **'other'** and **write the reason** in the space provided.

### BP control on previous medication

Please advise whether (in your clinical opinion) the patient's BP was **well controlled, too high or too low**, on their **previous medication**.

### Reasons for prescribing combination product

Please advise the main reason/s for the **decision to prescribe** a combination product for hypertension management for this patient.

Tick as many options as apply.

If you **do not know** the reason for prescribing, tick the box labelled **'don't know'**.

<p><b>Does this patient currently have hypertension (either controlled or uncontrolled)?</b></p> <p><input type="checkbox"/> Yes  <input type="checkbox"/> No</p>	<p><b>Is the patient taking a combination product for hypertension?</b></p> <p><input type="checkbox"/> ACE/ diuretic  <input type="checkbox"/> A2RA/ diuretic  <input type="checkbox"/> ACE/ CCB  <input type="checkbox"/> Other _____  <small>(please specify)</small></p> <p><input type="checkbox"/> No → <b>End questions</b></p>	<p><b>The patient has been taking the combination product for:</b></p> <p><input type="checkbox"/> &lt; 3 months  <input type="checkbox"/> 3 to 12 mths  <input type="checkbox"/> 13 to 24 mths  <input type="checkbox"/> &gt; 24 months</p>	<p><b>The patient's blood pressure (BP) is currently</b></p> <p><input type="checkbox"/> Well controlled  <input type="checkbox"/> Too high  <input type="checkbox"/> Too low</p>	<p><b>If BP is uncontrolled, what is the main reason/s?</b> <small>(tick all that apply)</small></p> <p><input type="checkbox"/> Medication intolerance  <input type="checkbox"/> Non-compliance  <input type="checkbox"/> Sub-optimal medication  <input type="checkbox"/> Other _____  <small>(please specify)</small></p>	<p><b>Prior to the combination product, the patient took:</b> <small>(tick all that apply)</small></p> <p><input type="checkbox"/> a diuretic  <input type="checkbox"/> a beta-blocker  <input type="checkbox"/> a calcium channel blocker  <input type="checkbox"/> an ACE inhibitor  <input type="checkbox"/> an A2RA  <input type="checkbox"/> none of the above  <input type="checkbox"/> no previous treatment</p>	<p><b>The patient's BP on previous treatment was:</b></p> <p><input type="checkbox"/> Well controlled  <input type="checkbox"/> Too high  <input type="checkbox"/> Too low</p>	<p><b>If BP was uncontrolled, what was the main reason/s?</b> <small>(tick all that apply)</small></p> <p><input type="checkbox"/> Medication intolerance  <input type="checkbox"/> Non-compliance  <input type="checkbox"/> Sub-optimal medication  <input type="checkbox"/> Other _____  <small>(please specify)</small></p>	<p><b>A combination product was prescribed to:</b> <small>(tick all that apply)</small></p> <p><input type="checkbox"/> have simpler therapy  <input type="checkbox"/> add a second drug  <input type="checkbox"/> reduce adverse side effects  <input type="checkbox"/> improve BP control  <input type="checkbox"/> reduce cost to the patient  <input type="checkbox"/> don't know</p>
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