

## **SAND abstract No. 87 from the BEACH program 2005–06**

### **Subject: Management of cardiovascular or diabetes related conditions**

**Organisation supporting this study:** AstraZeneca Pty Ltd

**Issues:** The prevalence of hypertension; left ventricular hypertrophy; coronary heart failure; microalbuminuria; diabetes and impaired glucose, among patients attending general practice the proportion of these patients taking medications for the management of these conditions; and their current medication regimen; level of control with current medication regimen; changes to medication regimen resulting from the current encounter.

**Sample:** 3,015 patient encounters with 104 GPs; data collection period: 07/06/2005–11/07/2005.

**Method:** Detailed in the paper entitled 'SAND Method 2005–06 on this website: <[http://www.fmrc.org.au/publications/SAND\\_abstracts.htm](http://www.fmrc.org.au/publications/SAND_abstracts.htm)>.

### **Summary of results**

The age–sex distribution of the respondents was similar to the distribution for all BEACH encounters, with the majority of patients (59.1%, 95% CI: 56.2–62.0) being female. Patients aged 45–64 accounted for 27.4% of the sample and those aged 65 or more years for 23.2%.

Of the 3,015 respondents 837 (27.7%, 95% CI: 24.9–30.6) had at least one of the listed conditions: 3.5% having hypertension; 7.9% diabetes; and 3.0% coronary heart failure. Left ventricular hypertrophy (2.1%), impaired glucose (1.3%) and microalbuminuria (1.0%) were less prevalent. One in five patients had only one of the listed conditions (19.4%), while 8.4% had two or more of the conditions.

Detail of the current medications used for the listed conditions were provided for 821 of the 837 patients with one or more of these conditions. Of these, 94.4% were taking at least one of the medication types listed: 42.6% were taking an ACE inhibitor (ramipril and perindopril being the most common); 35.3% were taking a diuretic; and 32.3% were taking an angiotensin II receptor blocker (irbesartan being the most common). One-quarter of patients were taking either a calcium channel blocker (24.7%) or a beta blocker (23.1%).

The GPs clinical opinion of the level of control of the patient's condition was provided for 7764 patients for whom medication was recorded. For 88.2% of patients, the GP felt that the current medication regimen was adequately controlling the patient's cardiovascular or diabetes related condition.

Details of any changes made in medication regimen at the current encounter were provided for 789 patients. At the current encounter, new or additional medication was prescribed for 5.2% of patients with at least one cardiovascular or diabetes related condition, and changes in the dose for existing medication was ordered for 2.3% of patients.

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