

## **SAND abstract No. 98 from the BEACH program 2006–07**

### **Subject: Management of hypertension and angina in general practice patients**

**Organisations supporting this study:** Abbott Australasia Pty Ltd

**Issues:** The proportion of patients attending general practice with hypertension and/or angina; current and target blood pressure levels for those with hypertension; medication use for hypertension and/or angina; co-morbidities present in patients with hypertension and/or angina (diabetes type I or II, ischaemic heart disease (IHD), peripheral vascular disease (PVD), renal disease, stroke and isolated systolic hypertension).

**Sample:** 2,919 respondents from 98 GPs; data collection period: 02/05/2006–05/06/2006.

**Method:** Detailed in the paper entitled 'SAND Method 2006–07' on this website: <[www.fmrc.org.au/publications/SAND\\_abstracts.htm](http://www.fmrc.org.au/publications/SAND_abstracts.htm)>. Heart Foundation guidelines were used to classify blood pressure (available from: <[www.heartfoundation/downloads/hypertension\\_management\\_guide\\_2004](http://www.heartfoundation/downloads/hypertension_management_guide_2004)>).

### **Summary of results**

The age and sex distributions of respondents were similar to those for all BEACH encounters, the majority (60.6%) of patients being female. Of the 2,919 patients, 718 (24.6%, 95% CI: 21.4–27.8) had diagnosed hypertension. The prevalence of hypertension increased with age from <1% among those aged <25 years to 60.1% of patients aged 75 years or over. There was no significant difference in the sex-specific rate of hypertension.

Of 2,856 respondents, 133 (4.7%, 95% CI: 3.7–5.7) had diagnosed angina. Males were significantly more likely to have angina (6.5 per 100 encounters, 95% CI: 4.7–8.3) than females (3.5, 95% CI: 2.5–4.6). The rate of angina increased with age to 18.4% of patients aged 75 years or more. A quarter of all respondents (25.4%, n=740) had either hypertension or angina, and 3.8% (n=111) had both hypertension and angina.

Blood pressure (BP) was measured at the encounter for 696 of the 718 patients with hypertension. Almost half (46.7%) of these had high-normal, 6.2% normal BP, 28.2% isolated systolic hypertension and 18.9% had BP defined as hypertensive.

Target BP level was recorded for 667 patients with diagnosed hypertension, 75.1% of whom had a target BP classified as 'high-normal'. Of the patients whose BP was measured and target BP recorded (n=660), 50.6% met their targets. A further 15.3% had lower measured BP than target and 34.1% had higher BP than target.

Of the 718 patients with hypertension, 713 provided data on 933 medications. Most patients were on a single medication (n=423, 59.3%), 255 (35.8%) were taking 2 medications and 35 were not currently taking any medications. Of the 133 patients with angina, 130 provided data about 167 medications. Most patients were on a single medication (n=63, 38.5%), 52 (40.0%) were taking 2 medications and 15 were not currently taking any medications.

Information on co-morbidities was provided by 669 patients with hypertension and/or angina. Half of these (50.4%) had at least one of the listed co-morbidities (21.8% diabetes, 27.8%, 7.0% IHD, 8.1% PVD, 8.1% renal disease, 6.1% stroke).

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