

HYPERTENSION PREVALENCE, AWARENESS and BLOOD PRESSURE CONTROL- Can Home BP contribute to improve the statistics?

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AIM: Present study reports statistics on hypertension from a belgian regional screening organized during 3 consecutive years (2017-2019) in the University Hospital of Liege and involved in the worldwide survey initiated by the ISH. The way of use and knowledge of people about Home Blood Pressure (HBP) were assessed to identify good practice but also gaps to correct to make that technique helpful for the control of BP.

METHOD: A total of 1607 participants (≥ 18 years) attended screenings. Classical cv risk factors were collected by interview. Three consecutive BP measurements were done with Omron M6. Questions focused on HBP allowed to assess frequency of people using the technique but also their knowledge about definition of HT and the contribution they gave it in the management of antihypertensive medications by physicians.

RESULTS: Global prevalence of HT was 46.3% (treated included as hypertensive), among treated 36 % were not controlled although more than 90 % of them were aware to have HT, 20 % of untreated had HT (40 % aware). Age, BMI, regular alcohol consumption were significantly higher in untreated HT and in uncontrolled treated. Fifty-five % had a device for BP measurement against 74 % in those treated. In treated people, 17 % declared to modify their medications according to their HBP and even if a majority consider that HBP is a reliable technique and so has to be involved by the physician to manage their treatment, obviously their BP reference is questionable. Indeed only 9.6 % of treated (11 % in uncontrolled) could mention 140/90 as definition of HT.

CONCLUSION: After 3 years of campaign, HT remains high and no significant decrease of uncontrolled BP was observed. Globally, only 43 % of people are aware of their BP condition. HBP is widely used but too few know what is a normal BP. HBP could be one of the key to improve BP control but efforts from medical staffs are still needed to optimize information since these campaigns meet great satisfaction with the population.