

Blood pressure control and use of antihypertensive drugs in the Spanish population

L. Garcia-Ortiz, M Sanchez-Flores, V León-Argüero, MJ Ruiz-Olgado, J Herrero-Garibi y Jesús Hernandez

Purpose:

To evaluate the control of blood pressure in clinics and use of antihypertensive drugs in Spain.

Methodology: Multicentre, observational study. **Subjects:** 295 patients have been selected by simple random sampling of hypertensive patients over the age of 40 in 11 Spanish health centres.

Measurements: Age, sex, clinic blood pressure (BP) in two consecutive measurements. It is considered good control if BP is below or equal to 140/90 mmHg. Antihypertensive drugs prescribed.

Results:

Mean age was 69 years, females 55%. Mean blood pressure first measure 149.63/83.15 mmHg (DE 21/11) and second 145.39/82.03 mmHg (DE 18/10) ($p=0.000$). Control BP in 1st measure 31.2% and 2nd 40.1%. Systolic blood pressure was controlled in first measure in 33.6% and in second in 40.8%. However diastolic pressure reached 71.9% in first measure and 78.1% in second. 11.5% of patients were under no pharmacologic treatment, 38% with one drug, 33% with two and 17.5% with three or more. Drugs prescribed the most in monotherapy were ARBII (39%), followed by the diuretics (22%) and in association ARBII+Diuretic (36%), followed by ACE inhibitors+Diuretics (27%). There are no differences with regards to the BP or with the control level in the number or type of drugs prescribed.

Conclusions:

Second measure of blood pressure is lower than the first. Control level reached in second sample is above 40%. It is advisable to reject first measure to evaluate level of control of blood pressure. The drugs prescribed the most are the ARB II both in monotherapy as in association with other drugs.