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ABSTRACT 85

Blood Pressure Control and Its Associated Factors among Older Persons with Hypertension

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Background: Hypertension is an important factor that contributes to cardiovascular mortality. In Malaysia, the prevalence of hypertension among older persons ranges from 36% to 62.6%. Only about a third achieved the target blood pressure (BP) of <140/90 mmHg. Therefore, identifying the factors associated with BP control is important to improve the percentage of patients achieving the target of BP control.

Objective: To determine the BP control and its associated factors among older persons with hypertension.

Methods: A cross-sectional study on hypertensive patients ≥ 18 years old was conducted in six primary health clinics in Wilayah Persekutuan, Malaysia. A total of 1,107 patients were selected via systematic random sampling. Data of 441 (39.8%) patients ≥ 60 years old were used in this analysis. Blood pressure control was determined from the average of two BP readings measured twice with an interval of 5 minutes apart. Poor control was defined as BP of $\geq 140/90$ mmHg and $\geq 130/80$ mmHg in the presence of diabetes. The relationship between BP control and the independent variables were analysed using Pearson's Chi square and independent t-tests. The factors associated with poor control were analysed using multivariate logistic regression.

Results: A total of 56.7% (n=250) had poor BP control. The mean age was 65.9 SD 5.1 years old (range 60-89). Most were men (51.0%) and Chinese (45.4%). Education level (p=0.01), presence of co-morbidity (p=0.003), number of anti hypertensive medications (p=0.006) and number of total medication use (p<0.001) were associated with BP control. Patient with lower education (less than secondary education) (OR=1.5, p=0.04) and the use of ≥ 5 medication (OR=2.3, p<0.001) were more likely to have poor BP control.

Conclusions: Older hypertensive patients with lower education level and using 5 or more medications would require more attention on their BP control.

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