

ABSTRACT 10

Factors Associated with Good Blood Pressure Control in Patients with Hypertension in Family Medicine Specialist Clinic, Hospital Sultan Abdul Aziz Shah (HSAAS)

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Objectives: To determine the association between sociodemographic profile, clinical profile, lifestyle factors and HBPM practice with good blood pressure control (defined based on the latest blood pressure measurement) among hypertensive patients in the Family Medicine Specialist Clinic, HSAAS. **Methods:** Secondary data from medical records of hypertensive patients in the Family Medicine Specialist Clinic, HSAAS was obtained. The data was later organised and categorised in a structured proforma. IBM SPSS version 28 was used for data analysis; The continuous data (age and BMI) were reported as median and IQR. Bivariate analysis utilised Fisher's Exact test, Pearson's Chi-Squared Test, and Mann-Whitney U Test to explore factors associated with good blood pressure control. Ethics approval was obtained from Universiti Putra Malaysia's Ethical Committee for Research Involving Human Subjects (JKEUPM-2024-142). **Results:** The prevalence of good blood pressure control was 32.6%. Sociodemographic profile, lifestyle and HBPM were not statistically significant in this study. Apart from the presence of ischaemic heart disease (IHD) ($p=0.038$), the clinical profile was not associated with good blood pressure control. **Conclusion:** The prevalence of optimal blood pressure control in this study exceeded the global average of 21% but fell short of the national average of 48%. Notably, patients without ischemic heart disease (IHD) exhibited a higher proportion of effective blood pressure management compared to those with IHD. However, it is important to note that this study did not account for the potential influence of white coat hypertension, which may lead to an underestimation of the prevalence of well-controlled blood pressure. Future research should address this limitation to provide a more accurate assessment.

Keywords: hypertension, sociodemographic profile, clinical profile, HBPM practice, good blood pressure control

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