

Blood pressure control among hypertensive patients with and without diabetes mellitus in six public primary health care clinics in Malaysia

ABSTRACT

Hypertension is a common comorbidity among diabetic patients. This study aimed to determine blood pressure (BP) control among hypertensive patients with and without diabetes. This was a cross-sectional study in 6 public primary care clinics in Wilayah Persekutuan, Malaysia. Hypertensive patients aged ≥ 18 years and attending the clinics were selected via systematic random sampling. The BP control target was defined as $<130/80$ mm Hg for diabetic patients and $<140/90$ mm Hg for nondiabetic patients. A total of 1107 hypertensive patients participated in this study and 540 (48.7%) had diabetes. About one fourth (24.3%) of the hypertensive patients with diabetes achieved BP control target, compared with 60.1% patients without diabetes ($P < .001$). Being diabetic and on ≥ 2 antihypertensive treatments were associated with poor BP control. Attention needs to be given to these groups of patients when managing patients with hypertension.

Keyword: Antihypertensive treatment; Blood pressure control; Diabetes; hypertension; Primary care