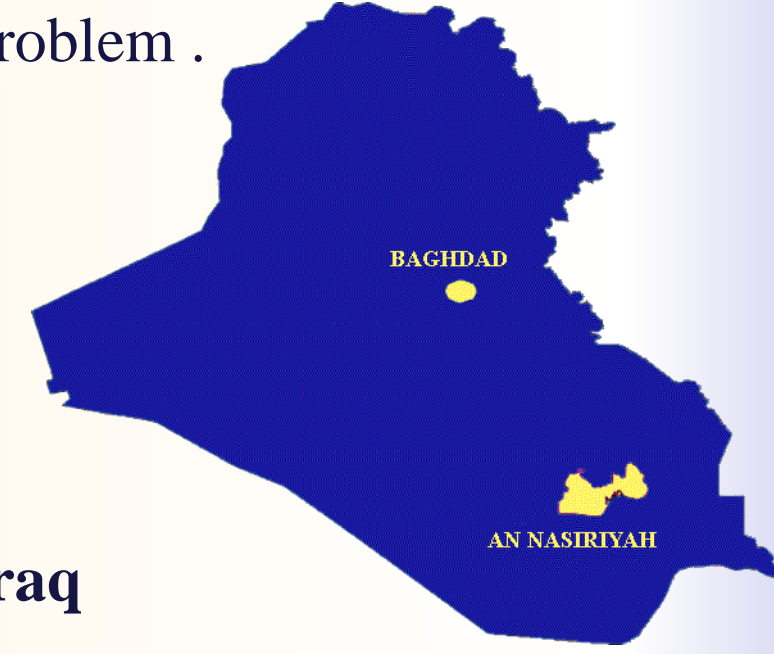


Prevalence of Undetected, Untreated and Uncontrolled Hypertension among Attendants of Primary Health Care Centers in Al-Nasiriya City/ Iraq

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Introduction

- Similar to many developing countries, Iraq is facing a double burden of Communicable Diseases and increasing prevalence of Non Communicable Diseases
- Cardiovascular Diseases (CVD) including Hypertension (HT) are increasingly common in Iraq and considered a major public health problem .
- Among EMRO countries, Iraq reported the highest prevalence of HT (41.4%)
- Studies on HT and other CVD are a basis for national planning of health policy; but they are scarce in Iraq
- **Nasiriya City** is the Capital of Thiqr Province, south of Iraq., 800,000 population, Urban: rural =4:1,
- There are 16 Primary Health Care Centers (PHCCs),(12 in urban area) and three public hospitals

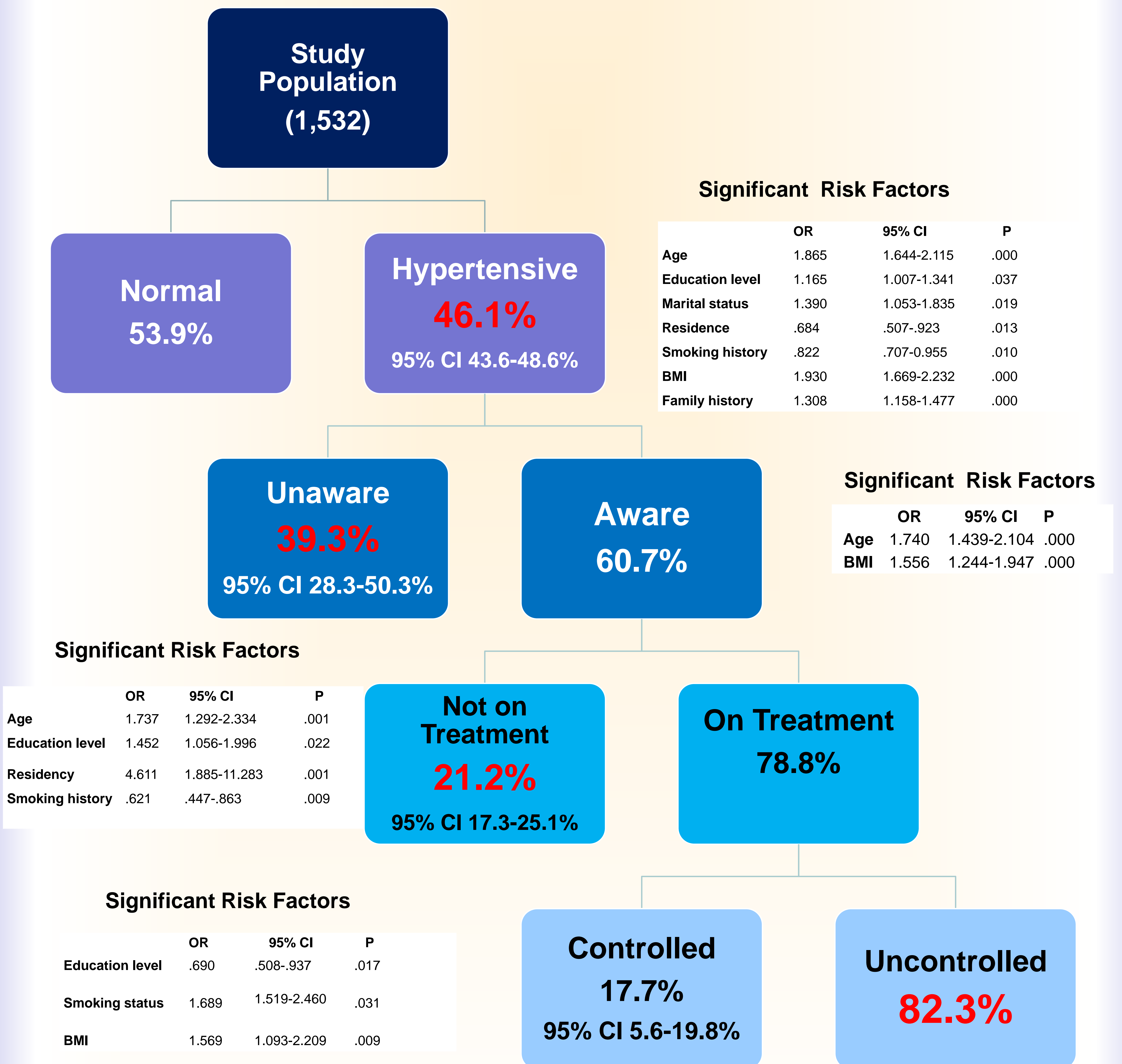


Objective: To estimate the prevalence of undetected, untreated, and uncontrolled HT among adult population in Nasiriya City/ Iraq

Subjects and Methods

- **Design:** A cross – sectional study
- **Setting:** 3 urban and 1 rural PHCCs were randomly selected by stratified cluster sampling technique
- **Inclusion criteria :** All male and female individuals aged 25 years or more attended the selected PHCCs for any complaint
- **Exclusion criteria:** Pregnant women and those attending PHCCs exclusively for checking their BP
- **Sampling Technique:** A sample of 1,532 adults was selected by Systematic Random Sampling Technique
- **Data collection tool:** A questionnaire filled through direct interview used to gather basic variables, HT risk factors, history of HT, use of antihypertensive medication, beside measurement of BMI and two BP readings. HT defined as a mean systolic BP ≥ 140 mmHg, and/or diastolic BP ≥ 90 mmHg, and/or use of antihypertensive medication. Logistic regression analysis applied to identify significant potential risk factors.

Results



Conclusions and Recommendations

Although the prevalence of undetected, and untreated HT are high, but the prevalence of uncontrolled HT is extremely high. Since this city is not different from other Iraq areas, we think the results are useful and applicable at national level. Strict implementation of recently adopted HT detection program at PHCCs including activities to identify undetected cases, provide effective treatment and most importantly ensure controlled BP were recommended