



INDIAN SOCIETY OF HYPERTENSION

“A descriptive assessment”

N=1229

Screening for Hypertension, during
the Lockdown period due to COVID-
19

Data from Indian Society of HTN

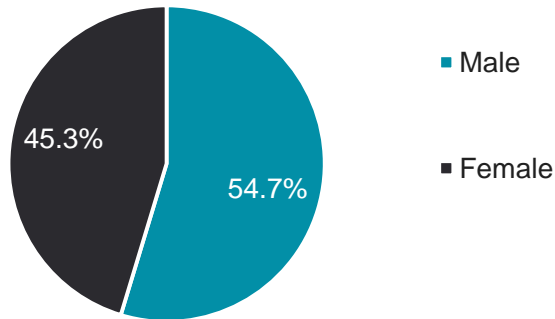
Submitted By,
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National President

Definitions

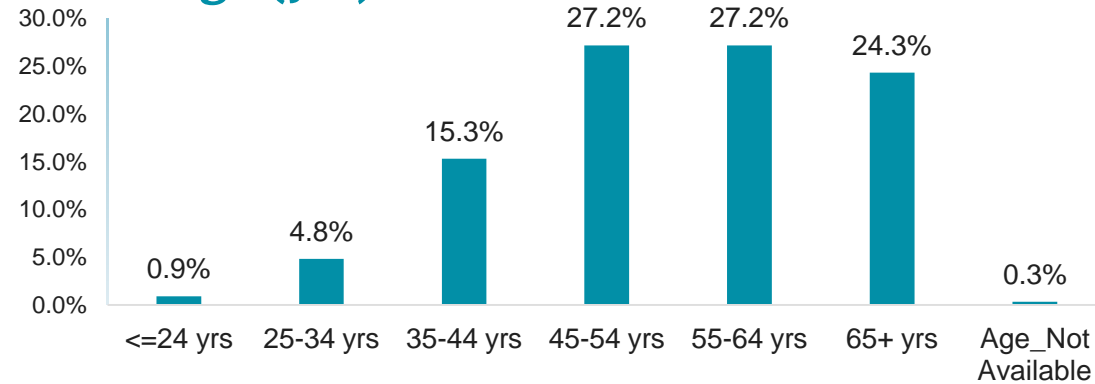
- n = 1229, These are the patients who visited the clinic / site during the period 1st April 2020 till 15th October 2020 and had their BP measurement taken
- On medication for HTN : Patients who have been clinically diagnosed with HTN and during the most recent visit were on any of the known classes of HTN medication (e.g. ACE, ARB, CCB etc)
- Known Hypertensive : Patients who have previously been clinically diagnosed with HTN
- Not Known Hypertensive : Patients who have not been clinically diagnosed with HTN

Profile of Sample (n=1229)

Gender



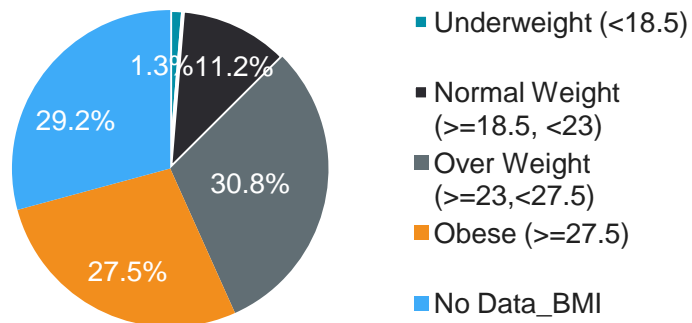
Age (yrs)



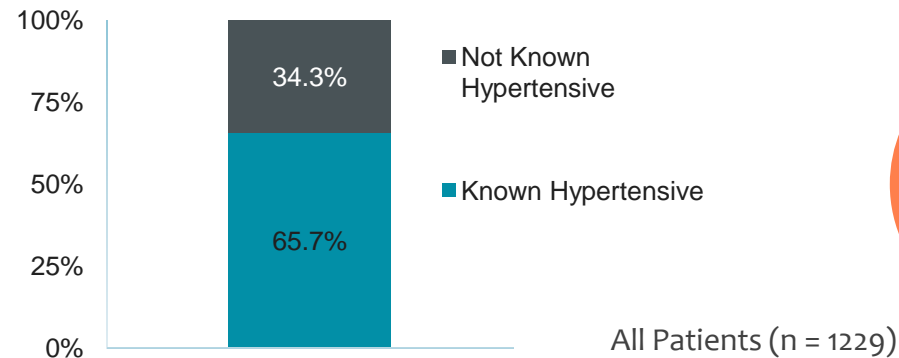
Average Age: 54.9 yrs
S.D. of Age : 12.9

Minimum Age: 14.0 yrs
Maximum Age: 94.0 yrs

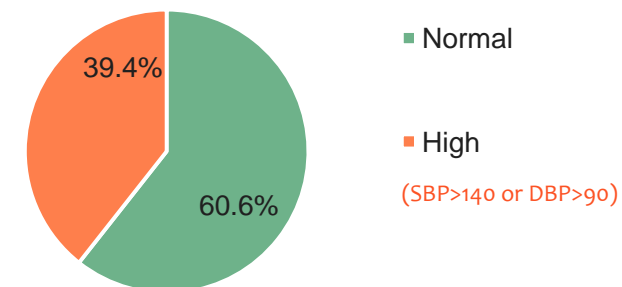
BMI



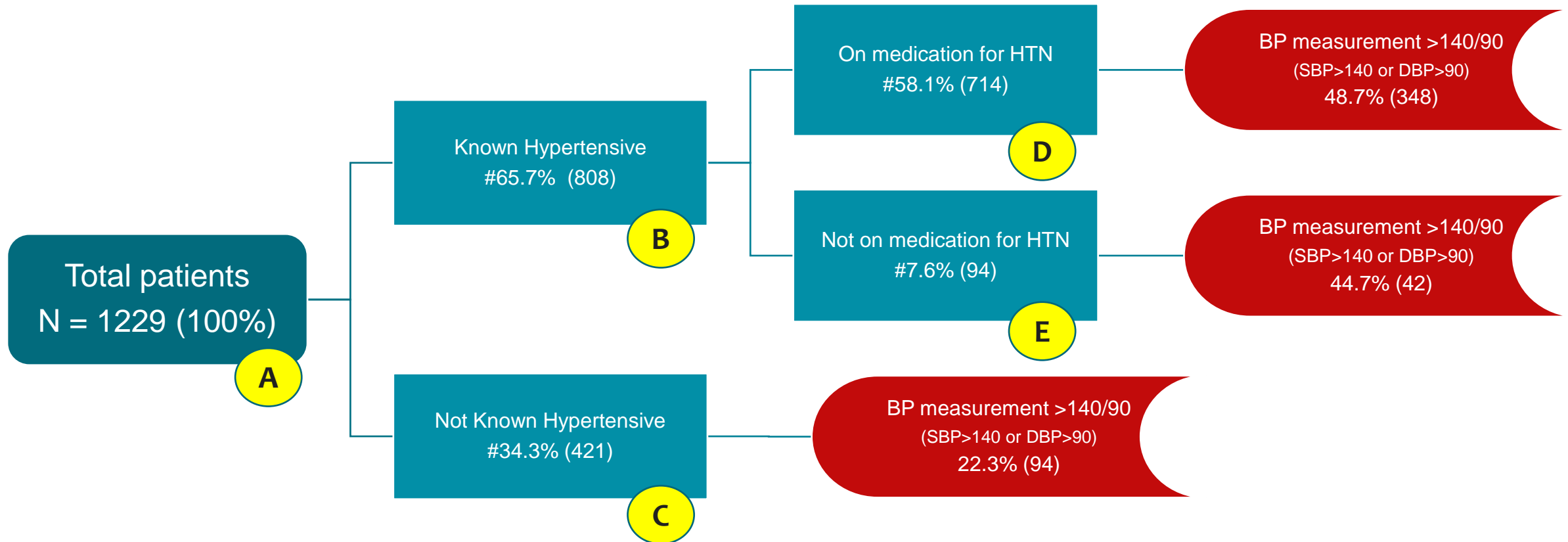
Known Hypertensive Vs Not



BP Reading (most recent visit)



Overview



the values are percentage of total patient

Known Hypertensive Vs Not known Hypertensive

| | All Patients (n=1229) | Known HTN (n=808) | Known HTN and on Medications (n=714) | Known HTN and not on Medications (n=94) | Not Known HTN (n=421) |
|-----------------------------|--|--|--|--|---|
| Male - | 54.7% | 56.7% | 56.3% | 59.6% | 50.8% |
| Female - | 45.3% | 43.3% | 43.7% | 40.4% | 49.2% |
| Average Age - (in years) | 54.9yrs | 57.4yrs | 57.5yrs | 56.9yrs | 50.1yrs |
| BMI: | | | | | |
| Normal/Overweight - | 43.3% | 42.3% | 42.7% | 39.4% | 45.1% |
| Obese - | 27.5% | 29.5% | 30.0% | 25.5% | 23.8% |
| Data Not Available - | 29.2% | 28.2% | 27.3% | 35.1% | 31.1% |
| Top 3 Comorbidities - | 1.Diabetes – 47.1% 2.Obesity – 19.0% 3.Dyslipidemia – 6.7% | 1.Diabetes – 51.1% 2.Obesity – 25.0% 3.Dyslipidemia – 8.9% | 1.Diabetes – 48.9% 2.Obesity – 26.8% 3.Dyslipidemia – 9.7% | 1.Diabetes – 68.1% 2.Obesity – 11.7% 3.Thyroid Disorder – 8.5% | 1.Diabetes – 39.4% 2.Obesity – 7.6% 3.Thyroid Disorder – 6.2% |
| High BP (>=140/90) | 39.4% | 48.3% | 48.7% | 44.7% | 22.3% |

Medication – Normal BP($\leq 140/90$) Vs High BP($> 140/90$)

| Medications | Known HTN and on Medications (n=714) | On Medication & Normal BP($\leq 140/90$) (n=366) | On Medication & High BP ($> 140/90$) (n=348) |
|---|---|---|---|
| ARB | 50.7% | 51.1% | 50.3% |
| ACEI | 6.2% | 6.8% | 5.5% |
| CCB | 31.5% | 27.9% | 35.3% |
| Diuretics | 16.9% | 12.6% | 21.6% |
| Beta blocker | 21.1% | 19.1% | 23.3% |
| Aldosterone Antagonist | 2.8% | 3.6% | 2.0% |
| ACEI / ARB + CCB | 4.9% | 4.6% | 5.2% |
| ARB + CCB | 4.2% | 4.1% | 4.3% |
| ACEI / ARB + Diuretics | 2.0% | 1.1% | 2.9% |
| ARB + Diuretics | 16.1% | 14.5% | 17.8% |
| ACEI / ARB + Beta blocker | 0.7% | 0.8% | 0.6% |
| ARB + Beta blocker | 1.3% | 1.4% | 1.1% |
| ACEI / ARB + CCB + Diuretics + Beta blocker | 2.1% | 1.1% | 3.2% |
| ACEI + Diuretics + CCB | 0.3% | 0.5% | 0.0% |
| ARB + CCB + Diuretics | 0.6% | 0.8% | 0.3% |
| Beta Blocker + Diuretics | 0.1% | 0.3% | 0.0% |
| CCB + Beta Blocker | 0.4% | 0.3% | 0.6% |
| CCB + Diuretic | 0.6% | 0.8% | 0.3% |
| Concomitant Therapy: | | | |
| NASIDs | 0.4% | 0.8% | 0.0% |
| Steroids | 0.3% | 0.3% | 0.3% |
| Number of Medications: | | | |
| 1 | 56.0% | 62.8% | 48.9% |
| 2 | 27.7% | 24.6% | 31.0% |
| 3 | 13.3% | 9.8% | 17.0% |
| 4 | 2.9% | 2.7% | 3.2% |

Profile of patients

| | Known Hypertensive | | Not known Hypertensive | |
|-----------------------------|---|---|---|---|
| | Normal BP ($\leq 140/90$) (n=418) | High BP ($>140/90$) (n=390) | Normal BP ($\leq 140/90$) (n=327) | High BP ($>140/90$) (n=94) |
| Male - | 55.0% | 58.5% | 49.5% | 55.3% |
| Female - | 45.0% | 41.5% | 50.5% | 44.7% |
| Average Age - (in years) | 57.8yrs | 57.1yrs | 48.9yrs | 54.1yrs |
| BMI: | | | | |
| Normal/Overweight - | 44.0% | 40.5% | 51.4% | 23.4% |
| Obese - | 34.2% | 24.4% | 27.2% | 11.7% |
| Data Not Available - | 21.8% | 35.1% | 21.4% | 64.9% |
| Top 3 Comorbidities – | 1.Diabetes – 52.4% 2.Obesity – 20.8% 3.CAD – 5.3% / Dyslipidemia – 5.3% | 1.Diabetes – 49.7% 2.Obesity – 29.5% 3.Dyslipidemia – 12.8% | 1.Diabetes – 41.6% 2. Thyroid Disorder – 7.6% 3. Obesity – 6.7% | 1.Diabetes – 31.9% 2.Obesity – 10.6% 3.CAD – 7.4% |