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High rate of hypertension control among treated patients attending a teaching primary healthcare centre in Jordan

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Abstract: Introduction The purpose of this study was to determine the hypertension control rate and its associated factors among treated patients attending a teaching primary healthcare centre in Jordan. Study design We conducted a retrospective cohort study of 286 patients with HTN, treated with medications, who attended Jordan University of Science and Technology primary healthcare centre in Irbid, Jordan, from July through September 2018. Data were abstracted from the patient's medical records and personal interviews. Multivariate logistic regression analysis was used to examine independent factors associated with hypertension control. Results Blood pressure control rate was 90.9% and was significantly higher among patients who were married ($p=0.02$), with higher income level ($p<0.01$), non-smokers ($p=0.01$), free of diabetes mellitus or dyslipidaemia ($p=0.048$), highly consuming fruits and vegetables ($p<0.01$), non-obese ($p<0.01$), adherent to blood pressure medications ($p=0.02$) and among patients on lower number of antihypertensive medications ($p=0.01$). Multivariate analysis with adjusted OR of factors associated with hypertension control were higher fruit and vegetable intake ($p<0.01$), higher income level ($p=0.02$) and medication adherence ($p<0.01$). Conclusion Participants in this study achieved a relatively high rate of blood pressure control. Associated factors with this rate were higher fruit and vegetable intake, higher income level and medication adherence. For better hypertension control, patients should be advised to adhere to their medications and consume more fruits and vegetables besides other lifestyle changes.