

HYPERTENSION CONTROL IN HUNGARY

EFFECTS OF MEDICAL AND PUBLIC EDUCATION

Farsang C., Alföldi S., Kapocsi J., de Châtel R., Kékes E., Kiss I.
On behalf of the Hungarian Society of Hypertension Working Group

Background: The Hungarian Society of Hypertension (HSH) initiated and completed six main programs involving 96,972 patients during the last 10 years:

- Effective Control of Hypertension (ECHP: 15,000 pts.)¹,
- Hypertension and Diabetes in the Elderly (HID: 1,100 pts),
- Manage It Well (MIW: 6,500 pts)²,
- Guidelines And Practice (GAP: 11,000 pts)³,
- Live Below 140/90 (LB140/90: 38,372 pts)⁴.

Objectives: To investigate the effects of

- medical education as well as of
- public education

on the Well Controlled Rate (WCR: <140/90 mm Hg) of hypertensive patiens using the office blood pressures measured according to 2003 ESH/ESC Guidelines and 2005 HSH Guidelines

ECHP

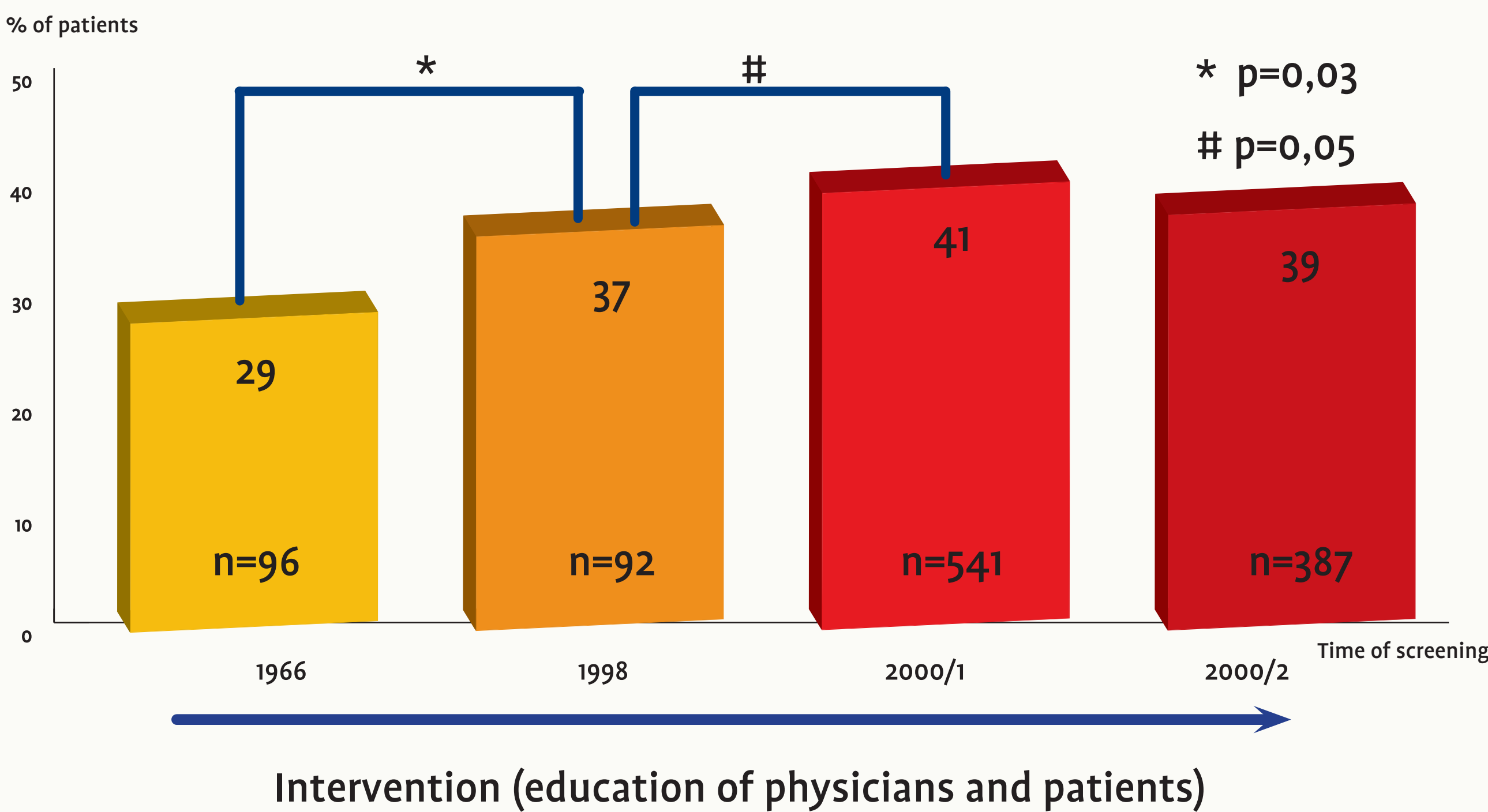
Rate of controlled (BP< 140/90 mmHg) hypertensives

Reference group:	at 6thmonth	at the end of Project
Intervention group: (intensive teaching)	13,8 %	14,9 %
	25,5 %	34,5 %

By intensive teaching of the family physicians the rate of controlled hypertensive patients can significantly be improved.

HID

Rate of controlled (<140/90 mmHg) hypertension in the elderly

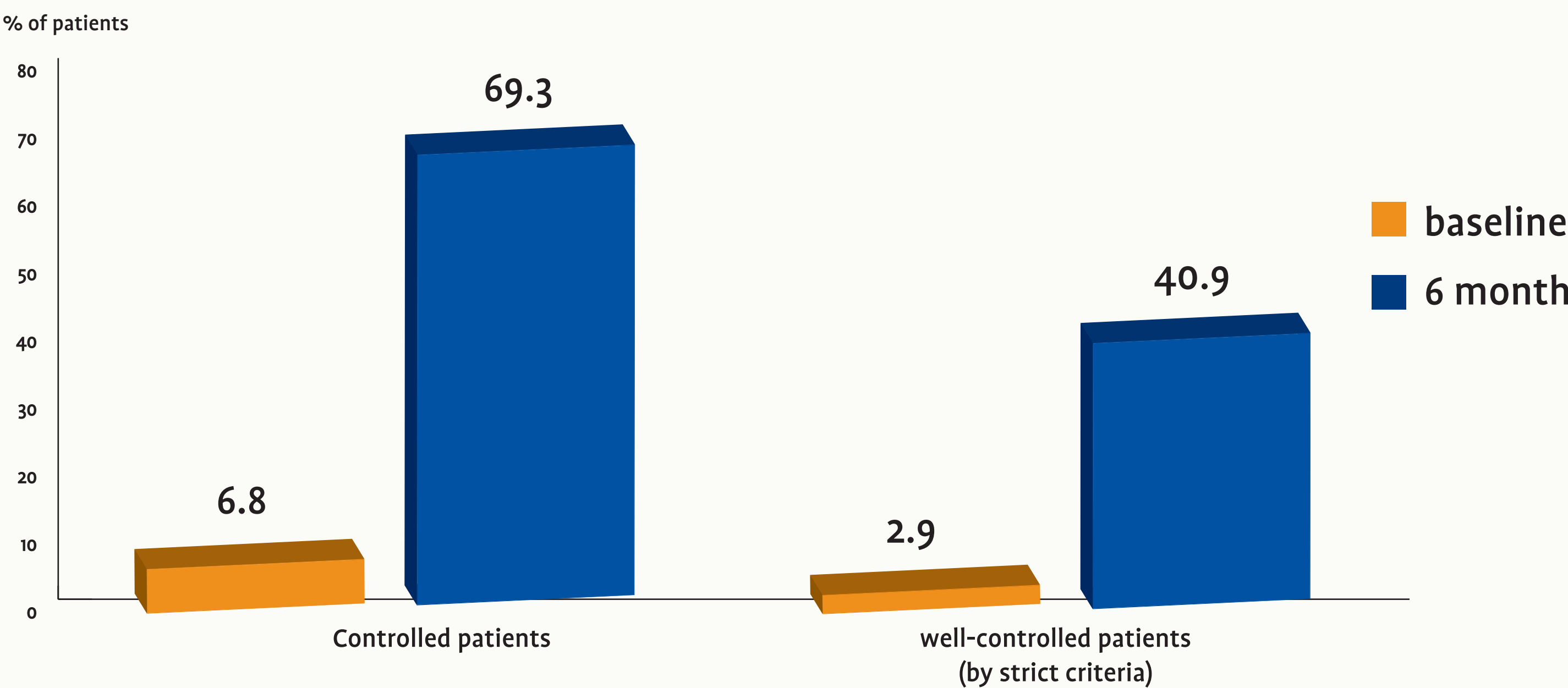


MIW

Teaching physicians and their patients

Effect of the Manage It Well program controlled rates (SBP + DBP)

MIW > 6500 pts outside of Budapest



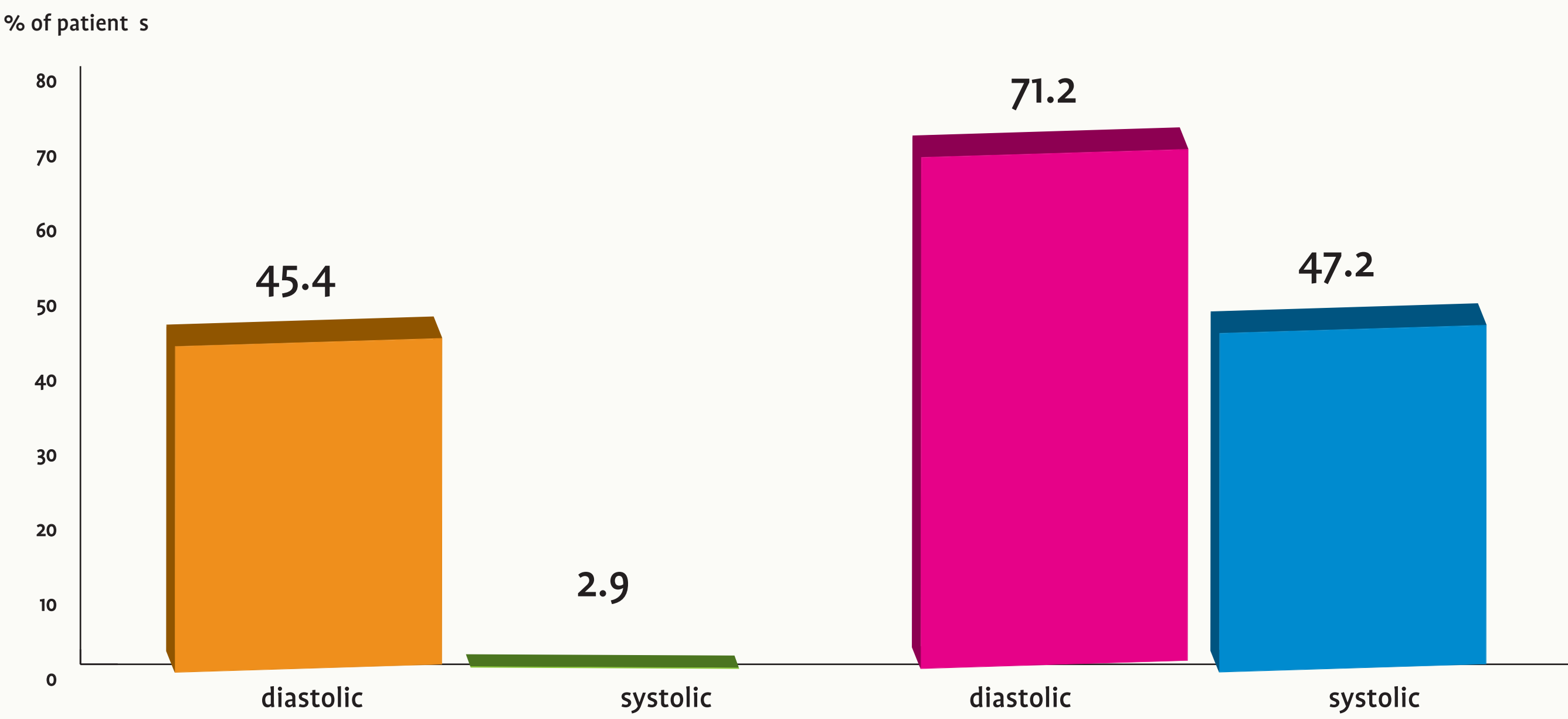
Controlled patients: ≤140 mmHg, and ≤90 mmHg,
Well controlled (strict): <130 mmHg and <80 mmHg

GAP

Guideline And Practice

Blood pressure controlled rates (BP <140/90 mmHg) of treated hypertensives in 130 Hungarian primary care offices (2001–2002)

GAP > 11 000 pts



Live Below 140/90

2005: No of hypertensive patients: 38,372

Therapy	N	%
Not treated	5.842	15.2 %
1 drug	8.046	21.0 %
2 drug	11.303	29.5 %
4 or more drugs	4.546	11.8 %
All patients	38.372	100 %

Below 140/90 mmHg	N	%
Yes	14 722	39.3 %
No	22 711	60.7 %

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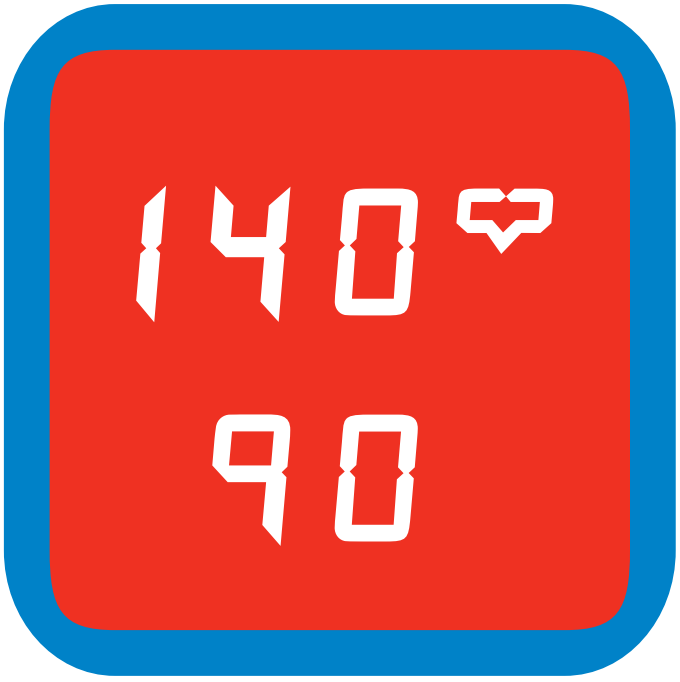
Reference:

1. C Farsang, S Alföldi, I Barna, P E Finta, J Kapocsi, J Kishegyi, I Kiss, G Lamm, E Östör and F Tamás L Tornóci on behalf of the Effective Control of Hypertension Projects (ECHP) team: Effective control of hypertension: a project of the Hungarian society of hypertension, baseline data. J Human Hypertens 2004; 18: 591-594.
2. L. Szirmai, Cs. Arnold, Cs. Farsang: Improving control of hypertension by an integrated approach - results of the 'Manage it well!' programme. J Hypertens 2005; 23: 203-211.
3. I. Kiss, A. Tislér, L. Kerkovits, C. Farsang: The GAP Project of Hungarian Society of Hypertension: The gap between guidelines and family practice; 19th Scientific Meeting of the International Society of Hypertension -12th European Meeting on Hypertension: European Society of Hypertension, 2002. június 23-27., Prága (Abstract)
4. Kékes E., Schanberg Zs., Pál L., de Chatel R., Farsang Cs., Kiss I.: Kardiovaszkuláris rizikó a magyarországi hipertóniás betegekben-A Magyar Hypertoni Társaság „Éljen140/90 Hgmm alatt” mozgalmának első eredményei Háziorvos Továbbképző Szemle 2006; XI.: 474-480.

Conclusions:

WCR can be significantly increased by both, teaching physicians and educate patients, but the combination of the two is significantly more effective. Much more emphasis should be put on education of physicians and the public concerning the importance of target blood pressure (<130/80 mm Hg) of diabetic patients.

ÉLJEN



ALATT!

