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Uncontrolled blood pressure among hypertensive adults with rheumatoid arthritis in Saudi Arabia: A cross-sectional study

Abstract:

Despite the availability and advancement of diagnostic and treatments with demonstrated benefits in minimizing cardiovascular morbidity and mortality, hypertension control rates remain suboptimal. Therefore, this research aimed to determine the prevalence of uncontrolled BP in rheumatoid arthritis (RA) patients and understand all potential risk factors for uncontrolled BP. We conducted a cross-sectional study on RA patients in 2 rheumatology clinics in 2 public hospitals in Riyadh. Patients' information such as demographics, comorbidities, drug use, and other clinical data were captured through a review of medical records and supplemented by patient interviews. Multivariate logistic regression was utilized for the analysis to identify the significant factors of uncontrolled BP (systolic BP ≥ 140 mm Hg or diastolic BP ≥ 90 mm Hg). In total, 834 subjects with RA and concomitant BP were involved in this cross-sectional study. The prevalence of uncontrolled BP was found to be 31.65% among all the study population. Multivariate analysis showed that males, subjects above 60 years of age, and smokers had a distinctly higher occurrence of uncontrolled BP. Among the patients with comorbid conditions, those with obesity, hyperlipidemia, diabetes, anemia, cancer, and reflux or gastroesophageal reflux disease also showed a significantly higher risk of uncontrolled BP ($P < .05$). The rate of uncontrolled BP was found to be alarmingly high in the study population. Age, gender, smoking, diabetes, obesity, hyperlipidemia, cancer, gastroesophageal reflux disease, and osteoporosis are independently linked with lack of BP control.

Biography

Bedor Alomari is a Head of Research Department in Pharmaceutical Services and a Consultant Clinical Pharmacist Internal medicine and Rheumatology at Prince Sultan Military Medical City in Riyadh Saudi Arabia. Alomari is a Secretary of Saudi Society of Clinical Pharmacy and clinical associate Professor at Princess Norah University. In addition, Dr. Bedor is a Surveyor for Program and institutional accreditation of the training centers at Saudi Commission for Health Specialties and she is a Reviewer for Research Abstracts and participated as a speaker in many national and international medical events. . In addition to that, she is an Author of a book "Patient Safety Culture at Prince Sultan Military Medical City" Published by Lambert Academic Publishing House (LAP) in Germany.