

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

A Descriptive Assessment

Data from Indian Society of Hypertension

Introduction: During the lockdown induced by COVID 19 the “World Hypertension league” extended its “World Hypertension Month” from a traditional 1 month period to 6 months period starting April 2020. As part of this patients were screened for BP.

Methods: Responses from 1229 patients was collected against a questionnaire during the period April 2020 to Mid-October 2020. Data was collected on demographic profile, Vitals, BP measurement, Co-morbid conditions, Class of Medications for HTN. Data collected across India at various settings like Hospitals, Nursing homes and Private clinics. The data was analyzed for proportions.

Results: At an overall level 54.7% patients were Males and 45.3% Women and average age is 54.9 years. Of all patients 65.7% were known HTN patients and 39.4% had high BP reading (>140/90).

HTN Patients (n=808): 56.7% are males and average age is 57.4 years. Most common co-morbidities are Diabetes – 51.1%, Obesity – 25.0% and Dyslipidemia – 8.9%. On most recent reading 48.3% of HTN patients had high BP reading (>140/90)

88.4% of HTN patients are on HTN medications. 56% are on 1 medication, 27.7% on 2 medications and 16.2% of 3 or more medications. ARB (50.7%) followed by CCB (31.5%) is the most used single class medication. ARB + Diuretics (16.1%) most popular combination medication.

Amongst **other patients**, not currently diagnosed with HTN (n=421) : 22.3% patients have high BP readings. Of these 55.3% are Men and 44.7% Women with an average age of 54.1 years. The most common co-morbidities are Diabetes – 31.9%, Obesity – 10.6% and CAD – 7.4%

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