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Introduction

- Hypertension (HTN) is systolic and/or diastolic values ≥ 140 mmHg and ≥ 90 mmHg.
- The leading cause of preventable cardiovascular deterioration and early mortality.
- Approximately 1.04 billion people in LMICs develop HTN compared to 349 million in high-income countries.
- The third leading cause of admission and the main cause of death in 2017.
- A prevalence of 27% in Ghana has been reported.

Results

- The overall HTN prevalence over the 5-year period was 39.4 cases per 1000 OPD attendance (9579/243,224).
- The highest HTN prevalence 69.8 cases per 1000 OPD attendance (3493/50,037) was recorded in 2022 while the least prevalence of 19.6 cases per 1000 OPD attendance (944/48,111) was recorded in 2018.

Year	Hypertension cases	Total OPD Attendance	HPT prevalence/1000 OPD attendance
2018	944	48,111	19.6
2019	1735	47,934	36.2
2020	1416	39,360	36.0
2021	1991	57,782	34.5
2022	3493	50,037	69.8
Total	9579	243,224	39.4

Conclusion

- The prevalence of hypertension between 2018 and 2022 was slightly high.
- Hypertension was more prevalent among males within the age group of 40-59 years.
- There was an observed two-fold rise in hypertension cases every two years.

Methods

Study Design
Secondary analysis of hypertension surveillance data from 2018 to 2022 According to CDC updated guidelines 1st July – November 05, 2022

Study setting

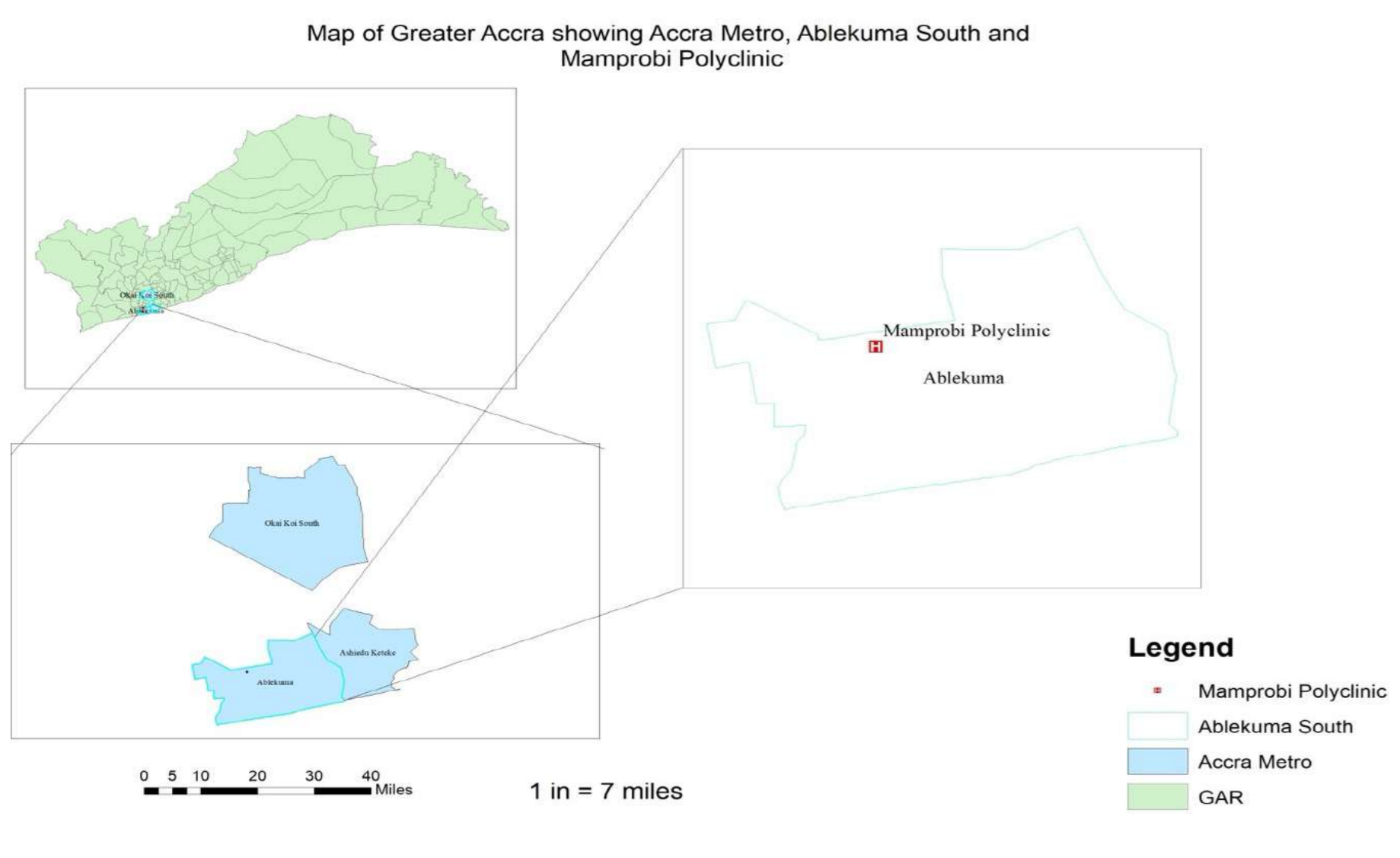


Figure 1: Map of evaluation area showing health facilities, 2022

- Data Management**
- Data on hypertension from computerized and hand-written records from 2018 to 2022 from the records unit were extracted using an Excel data collection tool.
 - Data on age, sex, and hypertensive status were entered into a computerized record form.
- Data Analysis**
- Microsoft Office Excel 2019 was used in analyzing quantitative data.

Figure 2: Prevalence of hypertension at the Mamprobi Hospital, Accra, 2018-2022

Sex	Total OPD attendance n (%)	Cases of Hypertension (n)	Prevalence (%)
Males	70,944 (29.2)	3171	4.5
Females	172,280 (70.8)	6408	3.7

Figure 3: Prevalence of hypertension according to sex, Mamprobi Hospital, Accra, 2018-2022

- Females accounted for 70.8% of clients whose record were included in this analysis.
- The Prevalence of hypertension 4.7% (70,944/243,224) was high among males compared to females.

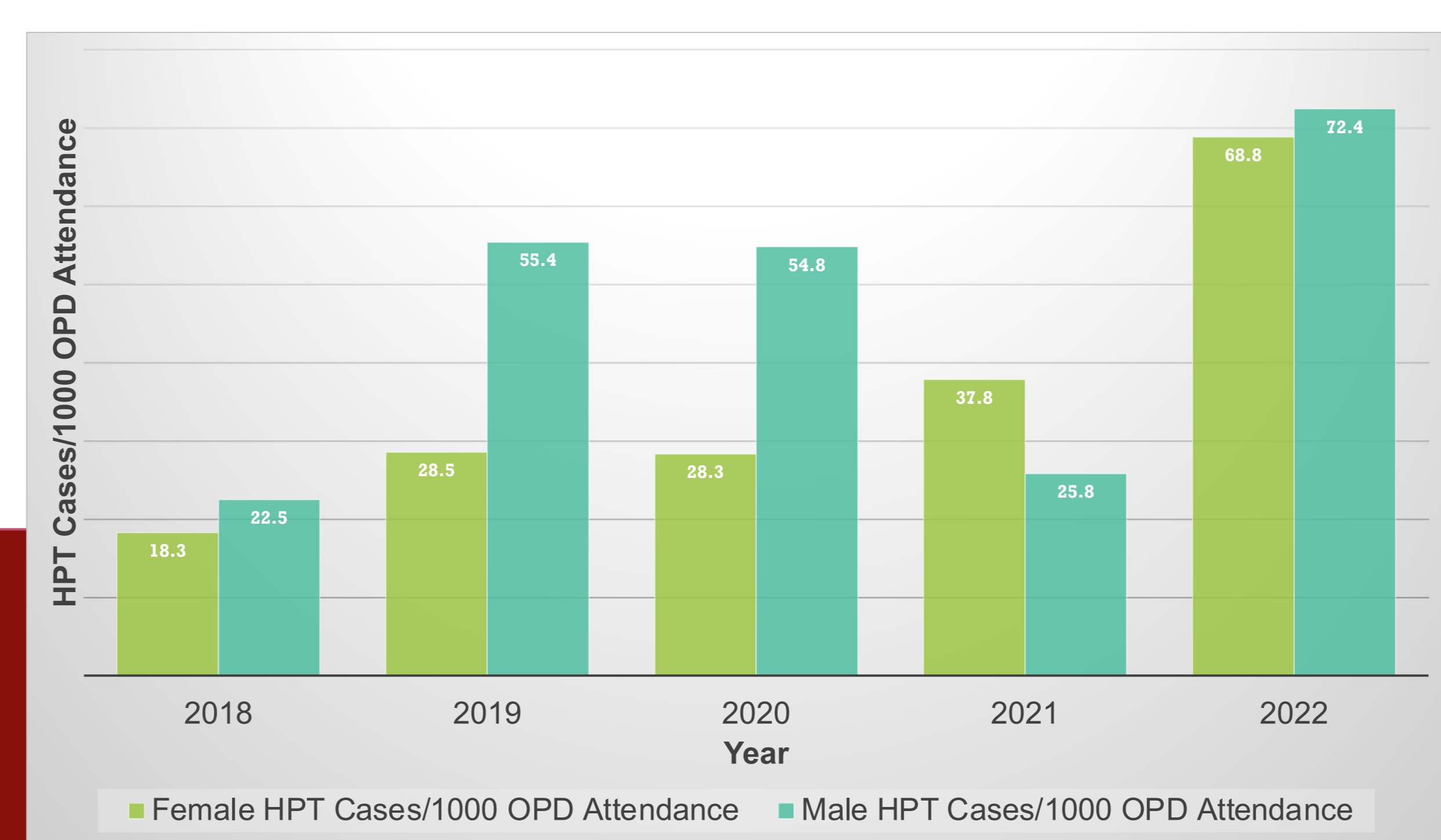


Figure 4: Distribution of hypertension by sex and time, Mamprobi Hospital, Accra, 2018-2022

- Male patients were predominantly hypertensive in all age groups except patients who were 70 years and above.

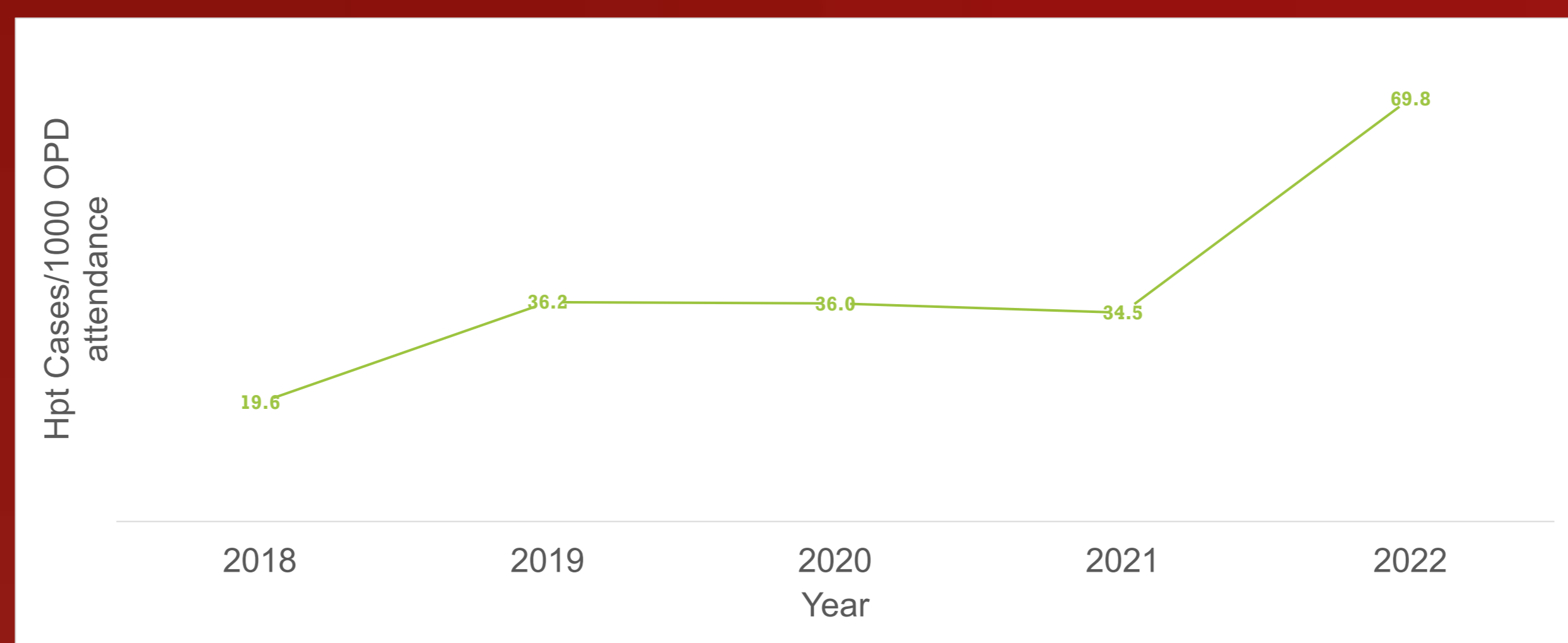


Figure 3: Trend of hypertension, Mamprobi Hospital, Accra, 2018-2022

- The trend of hypertensive cases sharply increased from 35.6 cases per 1000 OPD attendance between 2019 and 2021 to 69.8 cases per 1000 OPD attendance in 2022

Recommendations

- Health Promotion Unit must embark on a campaign to create more awareness generally on non-communicable diseases (NCDs) and particularly on hypertension
- DHMT/Health facilities should create more wellness centres
- DHMT/Health facilities to periodically embark on free hypertension screening exercises within their catchment areas

Public Health Action



- Collecting data from the facility

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Addo, J., Agyemang, C., Smeeth, L., Aikins, A. D. G., Adusei, A. K., & Ogedegbe, O. (2012). A review of population-based studies on hypertension in Ghana. Ghana Medical Journal, 46(2), 4–11. Adler, A. J., Laar, A., Prieto-Merino, D., Der, R. M., Mangortey, D., Dirks, R., ... & Perel, P. (2019). Can a nurse-led community-based model of hypertension care improve hypertension control in Ghana? Results from the ComHIP cohort study. BMJ Open, 9(4), e026799.