

Prevalence of Hypertension and associated risk factors among patients in the outpatients Department at Al-Thawrah Hospital in Sana'a City, Yemen

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Background:

Globally, hypertension is becoming recognized as a growing health concern. While hypertension is a common non-communicable disease that affects people of all races, including Yemen, many developing countries have observed an increase in the number of heart attacks and strokes caused by undiagnosed and uncontrolled risk factors like hypertension

Aim and objectives:

To examine the prevalence of Hypertension and associated risk factors among patients at Al-Thawrah Hospital in Sana'a City, Yemen.

- Specific objective:

- 1- To determine the prevalence of hypertension among patients attending Al-Thawra Hospital – Yemen.
- 2- To Identify the habits and common factors among patients with hypertension
- 3- To determine the association between the most affected category by high pressure and hypertension.
- 4- Determine the most common complications related to hypertension.

Methods:

A multi-stage sampling method was calculated based on the formula used to estimate a single population proportion by using a 13.5 % prevalence of hypertension in districts in Sana'a governorates. Data was analyzed using the SPSS version 20. Pearson correlations were used to find out the associations between variables in the population.

Result:

The study observed that hypertension occurs frequently. 45% of the individuals had hypertension

and 55% had normotension.

Additionally, the majority of patients (54.6%) had hypertension and were male (50%). The majority of patients were also in the age group (> 60 years). Low family income (63%), positive family history (53.7%), mild Physical activity (52.8%), being overweight (50.9%), chewing khat (38.9%), and smoking with chewing khat (31.5%) were risk factors for hypertension. As well as the clinical characteristics for the prevalence of hypertension in Internal disease (47.2%), cardio (27.8%), DM (12%), Neuro (11.1%), and Renal (1.9%).

Conclusion:

The prevalence of hypertension and its associated risk factors is increasing, in comparison with previous national and regional studies, which need more restriction of habits and modification of lifestyle and strict control of other chronic diseases such as diabetes and chronic renal diseases to prevent more serious complications.

Keywords:

Hypertension, risk factors, habits.