

POSTER SYMPOSIUM – P4

Treating to Target Blood Pressure: Audit of Blood Pressure Management in Diabetic Patients at RIPAS Hospital

Sherwin See Choon Wee¹, Alice Yong Moi Ling²

¹Pre-Registration House Officer, Diabetes Centre, RIPAS Hospital, Bandar Seri Begawan, Brunei Darussalam

²Consultant Endocrinologist, Brunei Ministry of Health National Hospitals, Health Centres and Clinics

INTRODUCTION

The mainstay of blood pressure (BP) treatment in diabetic patients is with angiotensin converting enzyme (ACE) inhibitors or angiotensin II receptor blockers (ARBs). The National Diabetes Guideline (NDG) of Brunei Darussalam recommends a target BP of $\leq 130/80$ mmHg irrespective of existing microvascular or macrovascular complications. However, the NICE (CG127) guideline recommends target BP of $\leq 140/90$ mmHg in patients without microvascular or macrovascular complications, and a tighter target BP of $\leq 130/80$ mmHg in those with microvascular or macrovascular complications.

OBJECTIVES

This audit aims to determine the: (i) percentage of patients who meet the NDG's target BP of $\leq 130/80$ or the new NICE guideline's target BP of $\leq 140/90$; (ii) number of BP lowering agents required to achieve target BP; and (iii) percentage of patients who are on the recommended classes of BP lowering agents

METHOD

The sample population consisted of all diabetic patients that attended the Diabetes Centre, RIPAS Hospital over the Ramadhan month of May 2017. Diabetic patients who were not on any BP treatment were excluded.

RESULTS

149 patients were included in the audit where 63(37.7%) and 95(56.9%) met the target BP of $\leq 130/80$ and $\leq 140/90$, respectively. An average of two agents were needed to achieve target BP. More than 80% of the patients were treated with either an ACE inhibitor or ARB.

CONCLUSION

Just over a third of patients met the target BP as suggested by the NDG and over 80% are on an ACE inhibitors or ARB.

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