AC028

Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

CARDIOVASCULAR DISEASE RISK SCORING AMONG OUTPATIENTS IN A COSMOPILITAN TEACHING HOSPITAL- A PILOT STUDY

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Background There is an increased burden of cardiovascular disease in sub-Saharan Africa. Various studies have been carried out to determine the prevalence of cardiovascular risk factors but predicting the risk of cardiovascular events using universally recognized and validated risk scores would lend more credence to the burden of cardiovascular disease.

Objective: To determine the risk of attendees at LASUTH medical outpatient clinics for cardiovascular diseases and to assess the factors that are most predictive.

Method : study was a cross-sectional study undertaken in the month of May and June 2026. Demographic data and clinical measurements were taken and the WHO/ISH risk prediction charts were used to stratify the participants into the 10 year risk of developing a fatal or non-fatal heart attack or stroke. Data were analysed using SPSS version 27; The correlation was done using Pearson chi squared correlation analysis.

RESULTS The mean age of the participants was 64±12.12 years, the mean body mass index was 28.5±6.76kg/m2. The mean systolic blood pressure was 136.9±23.72mmHg; the mean waist -hip ratio was 0.90±0.14. Half of the participants had moderate risk while 48% had low risk and only 2% had high CV risk. There was positive correlation between WHO/ISH score with age and systolic blood pressure(r=0.802;p=<0.00;r=.495,p=0.001) respectively.

CONCLUSION The majority of the patients in our outpatient clinics have moderate CVD risk ; age and systolic blood pressure have a significant impact on the risk.

Keywords: Cardiovascular disease, WHO/ISH score,systolic blood pressure