



AC037

Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

BASELINE CHARACTERISTICS, AND TREATMENT PATTERNS AND CONTROL AMONG ADULTS WITH HYPERTENSION IN A MULTI-STATE COMMUNITY STUDY IN NIGERIA

Michael U. Ochem MBBS?, Greatness O. Eyenor?, Chidubem Okolia?, Kukyem D. Azi?, Charity Akor?, Chibundo Onyia MD?, Efosa G. Uhunwangho?, Margaret E. Aba MBBS?, Esther A. Agoji?, Innocent I. Chukwuonye?, Ejiroghene M. Umuerri?, Yekeen A. Ayoola?, Mahmoud U. Sani?, Okechukwu S. Ogar?, Mercy U. Ikechukwu-Orji?, Anthony Orji MBBS?, Mark D. Huffman MD, MPH?, Dike B. Ojji MBBS, PhD?? a - Cardiovascular Research Center, University of Abuja and University of Abuja Teaching Hospital, Gwagwalada, Abuja, Nigeria b - Faculty of Clinical Sciences, University of Abuja, Abuja, Nigeria c - Department of Medicine, Cardiovascular Division and Global Health Center, Washington University in St. Louis, Missouri, USA.

Stand: POSTER #AC037 | **Venue:** Poster Exhibition Hall & Gallery - Eko Convention Centre | **Online Ref:** <https://nigeriancardiacsociety.com/abstracts/AC037>

Background Although large-scale implementation research studies have evaluated strategies to improve hypertension diagnosis, treatment, and control rates at the primary healthcare centre (PHC) level in Nigeria, none of this data included multiple regions of the country. We describe the characteristics and treatment patterns of hypertensive patients enrolled in the Hypertension Treatment in Nigeria 2.0 Program across five states.

Methods In the ongoing pre-implementation phase, sociodemographic and clinical data are being collected from adults ≥ 18 years in 50 PHCs. Data collected between February and July 2026 were analyzed using descriptive statistics.

Results 4,901 participants were enrolled, of which 3725 (76.5%) were women. Overall, 1,779 (36.3%) had no formal education, 70.5% were unemployed, and 46.2% were unaware of their family history of hypertension. Mean age was 53.5 ± 15.1 years, and mean systolic and diastolic blood pressures were: 154 ± 14.3 and 94.3 ± 10.6 , respectively. Those controlled at baseline were 146 (2.89%). 3,026 (61.9%) had a previous diagnosis of hypertension, but only 1,735 (35.4%) were receiving antihypertensive medication. Amlodipine was the most prescribed agent (96.71%). Following evaluation, 97.5% required antihypertensive medication for blood pressure control, with 68.5% requiring just one antihypertensive agent.

Conclusion Preliminary analysis study shows limited access to antihypertensive medications. It also shows higher proportion of women compared to men. These findings demonstrate the need for structured strategies that will improve male participation and improved access to affordable antihypertensive therapy, patient education, and sustained follow-up to improve blood pressure control in Nigeria.

Keywords: Hypertension, Multi-center, Primary health care, Antihypertensives