



AC056

Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

CARDIOVASCULAR PROFILE OF PATIENTS PRESENTING FOR ECHOCARDIOGRAPHY AT TWO TERTIARY CENTRES IN SOUTHWESTERN NIGERIA

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Background: Echocardiography is a versatile, non-invasive diagnostic tool in cardiology. However, cardiovascular audits of non-invasive laboratories are rarely performed in Nigerian centres, creating a gap in understanding the local disease burden and resource allocation.

Objective: This study aims to characterize the cardiovascular profile of patients referred for echocardiography at two tertiary centres in Ogbomoso, Southwestern Nigeria.

Methods: This prospective observational study employed total sampling of all echocardiograms performed over 300 days. Data were collated using a Google Form and analysed for patient demographics, clinical indications, cardiovascular risk factors, past medical history, and prescribed medications.

Results: A total of 427 echocardiograms were analysed; 43.3% of patients were male, and only 9.4% had health insurance. The most common indication for echocardiography was monitoring of known heart conditions (30.7%), followed by chest pain (24.1%), breathlessness (11.5%), and palpitations/arrhythmias (10.3%). Hypertension was the predominant past medical history (67.9%), with valvular heart disease (20.6%) and diabetes mellitus (5.5%) also prevalent. Family history of hypertension was reported in 36.3%. The most prescribed medications were calcium channel blockers (58.5%), beta-blockers (27.5%), and loop diuretics (22.3%).

Conclusion: This study provides a comprehensive cardiovascular profile of patients undergoing echocardiography in two Southwestern Nigerian centres, highlighting hypertension as the dominant comorbidity and monitoring as the primary indication. These findings establish a critical baseline for service planning, targeted interventions, and future audits in the region.

Keywords: Cardiovascular disease, Risk factors, Echocardiography.