

Prevalence of kidney disease stages and its associated risk factors among hypertensive patients in Bandar Jengka health clinic, Pahang

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ABSTRACT

Introduction: NHMIS 2015 showed that prevalence of hypertension in Pahang was 28.5%. Hypertension is known a leading cause of Chronic Kidney Disease. The purpose of this study was to determine the prevalence of kidney diseases stage among hypertensive patient who attend Bandar Jengka Health Clinic and to determine its association with its risk factors. **Method:** This is a cross sectional done from 1 September 2016 to 31 October 2016 involving all hypertensive patients who attend Bandar Jengka Health Clinic, Pahang. A universal random sampling was used in this study. Standardised questionnaires with face to face interview were used to obtain the socio demographic. Adherence to treatment was assessed using compliance questionnaire. Hypertensive card were reviewed for clinical characteristic and laboratory result. The eGFR was calculated using MDRD formula to determine the stage of kidney disease. The data was analysed using SPSS Version 20. Chi square statistic was done to determine the association to risk factors. **Results:** A total of 339 hypertension patient were recruited. Stage 2 and above of Kidney Disease was found to be the highest prevalence [82.6%]. The significant risk factors associated with the kidney disease were age, duration of HPT, obesity and presence of other chronic disease. **Conclusion:** This study showed that kidney disease at Stage 2 is the most prevalent stage among hypertensive patients. Obesity and Diabetes Mellitus are the most significant associated factors found. The preventive measures are to be focused on these risk factors and the efforts to reduce the prevalence of kidney disease can be done through better management of hypertensive patients.

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Prevalence, associated factors and quality of life of mental disorders in hypertensive patients attending health clinics in Negeri Sembilan, Malaysia

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ABSTRACT

Introduction: Patients with chronic medical conditions may experience many negative emotions which increase their risk for the development of mental disorders. The interaction between hypertension and symptoms of mental disorders remain largely unexplored. To fill this knowledge gap, the study sought to ascertain the prevalence of mental disorders, its associated factors and its impact on quality of life among hypertensive patients attending health clinic in Negeri Sembilan, Malaysia. **Methods:** A cross-sectional study was conducted in seven districts in Negeri Sembilan. Structured questionnaires were used to obtain patient's socio-demographic characteristics, mental disorder symptoms and quality of life. **Results:** A total of 394 out of 461 participants participated in this study, giving an overall study response rate of 85.5%. The prevalence of mental disorders was 15%. Factors associated with mental disorder were age less than 50 years old (POR: 2.03, 95%CI: 1.16-3.57), Indian (POR: 3.40, 95%CI: 1.25-9.21) and attained higher educational level (POR: 3.0, 95%CI: 1.15-7.80). Mental disorders significantly affected quality of life such as mobility, usual activities, pain and mood disorders. **Conclusion:** This study has demonstrated the need for health professionals to screen hypertensive patients especially among younger age group, Indian and those attained higher educational level. The recommendation should be directed toward early identification of mental disorders and to promote early intervention in order to improve their quality of life.