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The Effectiveness of The Questionnaire for Cerebrovascular Diseases Detection In Hypertensive Patients in Primary Health Care

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Background. The role of general practitioner can be significant in assessment and management of hypertensive patients with cerebrovascular disease (CVD). We developed a 17-item questionnaire for CVD detection (QCVD) in primary health care. Previous studies have shown that QCVD was valid and reliable questionnaire for the CVD assessment. The present study aimed to improve CVD detection among hypertensive patients in outpatient clinic environment.

Methods. This cross-sectional study included 257 consecutive patients aged 40-70 years with arterial hypertension (stages I-III) who visited eight general practitioners in a Moscow outpatient clinic by any reason. All subjects answered QCVD for detection of clinical forms of CVD: chronic brain blood supply insufficiency syndrome, hypertensive encephalopathy, hypertensive cerebral crises, transient ischemic attack and stroke. Results of questioning were verified by neurologist, cardiologist. ECG-exercise method, 24-hour Holter monitoring, duplex ultrasound scan of carotid arteries, computer tomography, magnetic resonance brain imaging were performed if necessary.

Results. 53.3% of patients were male and mean age was 58.3±6.6 years, 46.7% were female, mean age was 58.3±6.6 years. It was shown high prevalence of CVD: 57.6%. Newly diagnosed CVD was revealed with the QCVD in 52 (20.2%) patients: 48 of them had chronic brain blood supply insufficiency syndrome and hypertensive encephalopathy, 4 had history of stroke or TIA. 76 of the 257 subjects (29.6%) had hypertensive cerebral crises. Only 5.3% of these had previous history of crises, 94.7% were newly diagnosed with the QCVD and were confirmed by the neurologist.

Conclusion. The new 17-item QCVD is a reliable and responsive tool for evaluation of CVD in outpatient clinic environment. It was shown that internists do not know about chronic insufficiency of brain blood supply, hypertensive encephalopathy and hypertensive cerebral crises symptoms in patients with arterial hypertension. The new 17-item QCVD can be effectively used for CVD detection in hypertensive patients in primary health care.