

Abstract

NMA/AGSM/2022/OBGYN/007 - Prevalence of Hypertension in Obstetrics and Gynaecology Surgical Patients at the Rivers State University Teaching Hospital, Port Harcourt, Nigeria

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Abstract

Background: Hypertension is a common medical condition in surgical patients globally. There is a myriad of predisposing factors for hypertension especially as it concerns obstetrics and gynaecology. These include family history, age of the patient unhealthy diet, harmful intake of alcohol, sedentary lifestyle, and obesity just to mention a few. Approximately 20% of the global population lives with hypertension. The aim of the study was to determine the prevalence of hypertension in obstetrics and gynaecology surgical patients at the Rivers State University Teaching Hospital (RSUTH).

Methodology: This was a 6-week retrospective cross-sectional study in surgical patients at the RSUTH. Data was obtained from the patient's case notes. The information was analysed using SPSS version 25.

Results: Two hundred and fifty subjects were recruited for the study. The age range was 22 years to 64 years. The mean age was 31 years of which 200 (80%) were obstetrics surgeries while 50 (20%) were gynaecological surgeries. One hundred and eighty (72%) of the subjects had caesarean section making it the commonest surgical procedure; 35 (14%) had hypertensive diseases. Eclampsia and pre-eclampsia contributed to 25 (10%) of surgical patients with hypertension.

Conclusion: The study revealed the prevalence of hypertension in obstetrics and gynecologic patients who had surgery at the RSUTH as 14%. Most of the surgical patients had eclampsia and pre-eclampsia. A multidisciplinary approach to the management of such patients involving the cardiologist and other specialities is the key to a favourable outcome.

Keywords: Prevalence; Hypertension; Obstetrics; Gynaecological; Surgery; RSUTH.

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