

HIGH PREVALENCE OF HYPERTENSION IN INSTITUTIONALIZED PATIENTS WITH SCHIZOPHRENIA

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Introduction: Patients with schizophrenia have higher cardiovascular morbidity and mortality compared to the general population. They also have high levels of cardiovascular risk factors: hypertension, smoking, raised glucose, physical inactivity, obesity and dyslipidaemia, Hypertension has significant negative effect on immediate delayed and recognition memory in these patients. However, its presence in institutionalized patients with schizophrenia has not been well studied.

Objectives: To establish a high prevalence of hypertension in institutionalized patients with schizophrenia.

Aims: To confirm a high prevalence of hypertensive treatment in these patients.

Methods: Four residential institutions for patients with schizophrenia were chosen for the study. There were a total of 145 patients with schizophrenia. The first had 48 patients, males 30 and females 18, the second had 42 patients; 29 males 13 females, the third had 27 patients; 13 males and 14 females and the fourth had 28 patients; 15 males and 13 females. Computerized print outs from the pharmacies and records from the institutions and office were reviewed.

Results: Of the 145 institutionalized schizophrenia patients, there were 87 males (60%) and 58 females (40%). The average age was 55.76 years. Of these 145 patients, 82 (56%) were on treatment for hypertension and 63 (44%) were not. Of the 87 males, 47(54%) were hypertensive 40 (46%) normotensive. Of the 58 females, 35(60%) were on antihypertensive treatment and 23 (40%) were normotensive.

Conclusions: 56% of our institutionalized patients with schizophrenia were on anti-hypertensive treatment. Due to close medical monitoring, awareness and treatment was one hundred percent.