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QUALITY ASSURANCE METHODOLOGY TO CARDIOVASCULAR RISK FACTORS CONTROLS IN PRIMARY CARE

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OBJECTIVE: To analyze two improvement quality interventions consecutive effect in cardiovascular risk factors in hypertensive patients

METODOLOGIA: Design : Quasi-experimental trials. Setting: Primary care, two Health Centres, Participants. Seven family doctors were assigned to intervention group (GI) and other seven to control group(GC). By simple random sampling 849 hypertensive patients were select, 419 (IG) and 430 (CG). Mean age 69,83(IC95% 69,05-70,6) without differences between groups. They were women 64% and men 36% in both group.

Interventions: Two quality improvement combined interventions consisted: audit clinical record, feed-back information, formation sessions, and implemented guidelines of cardiovascular risk factors (JNC, EHS, PAPPS, NCEP III, ADA).

Main measurements: Blood pressure (BP), Body index mass (BMI),Lipids, tobacco, diabetes, cardiovascular risk and antihypertensive drugs.

RESULTS: BMI and lipids not significant difference was found after interventions, except a slight reduction of LDL.C in both groups. BP decreased in IG more CG after first and second intervention (1^a:SBP 3,49 mmHg, DBP 2,57 mmHg and 2^a: SBP: 9.75 mmHg., DBP 3,84 mmHg). Blood pressure control (BP<140/90 mmHg), before first intervention, was 29% in both groups. Later in IG reached 41% and CG 31% (p< 0.05). Two years later, before second intervention, IG was 37% and GC 30%. After second intervention, IG increased to 69% and control group to 29% (p<0.05). Combination antihypertensive drugs grew of 33%, 42%, 48% and 60% (IG) and 35%, 36%, 38% and 48%(CG) in the four evaluations. Cardiovascular risk in first evaluation was 15,9%(IG) and 15,5%(CG). After first intervention lowered to 14,3%(IG) and raised 15,8%(CG)(p< 0,05). Before second intervention, cardiovascular risk was 16,8%(IG) and 17,6%(CG). After second intervention lowered to 13,8%(IG) and 16,8%(CG) (p<0.05).

CONCLUSIONS: Quality improvement methodology was effective in reduction some risk factors, specially blood pressure, and cardiovascular risk. Nevertheless the effect was limited if it is not periodically reinforced .

RS - Risk Assessment