



Hypertension Teaching Seminar



Organized by the International Society of Hypertension (ISH) Low and Middle Income Countries Committee in collaboration with the European Society of Hypertension, the World Hypertension League and the International Forum for Hypertension Control and Prevention in Africa (IFHA)



Sheraton Hotel, Abuja, Nigeria
Thursday 24th – Friday 25th September 2009



Seminar directors: R. Fagard & B. Onwubere

FULL PROGRAMME (as at 7th September 2009)

Day 1: Thursday 24th September 2009

08:50-09:00	Opening remarks - R. Fagard
09:00-10:45	Session 1 Chair: O. Akinkugbe & A. Coca
09:00-09:35	Epidemiology of hypertension and contributing factors in Africa. A Damasceno
09:35-10:10	Measurement of blood pressure in low resource settings. J.R. M'Buyamba-Kabangu
10:10-10:45	Importance of ambulatory and home blood pressure measurements. R. Fagard
<i>10:45-11:15</i>	<i>Coffee break</i>
11:15-13:00	Session 2 Chair: D. Lemogoum & R. Fagard
11:15-11:50	Evaluation, diagnosis and risk stratification of the hypertensive patient Y. Seedat
11:50-12:25	Pathogenesis of hypertension in blacks D. Lemogoum
12:25-13:00	Low birth weight, sympathetic nervous system and hypertension: implications for Africa? P. Nilsson, M. Rostrup
<i>13:00-14:00</i>	<i>Lunch</i>

14:00-15:45

Session 3
Chair: A. Isah & P. Nilsson

14:00-14:35 Complications of hypertension in Africa
B. Onwubere

14:35-15:10 Non-pharmacological treatment of hypertension in blacks
D. Lemogoum

15:10-15:45 When and whom to treat?
B. Onwubere

15:45-16:15 Coffee break

16:15-18:00

Session 4
Chair: Y. Seedat & A. Damasceno

16:15-16:50 Hypertensive emergencies
A Coca

16:50-17:25 How to organise the management of hypertension in a low resource setting?
J.R. M'Buyamba-Kabangu

17:25-18:00 Case presentation by Y. Seedat

Day 2:

Friday 25th September 2009

09:00-10:35

Session 5
Chair: B. Onwubere & M. Rostrup

09:00-09:35 Metabolic syndrome, diabetes and hypertension in Africa.
P. Nilsson

09:35-10:35 Recommendations for prevention of heart attack and strokes using a total risk approach and WHO risk prediction charts (including Discussion).
S. Mendis

10:35-11:00 Coffee break

11:00-13:00

Session 6
Chair: J.R. M'Buyamba-Kabangu & S. Mendis

11:00-11:35. Strategies for diagnosis and management of resistant hypertension in low resource settings
A. Coca

11:35-12:10 How to set up an epidemiological study?
A. Damasceno

12:10-12:45	How to set up an intervention trial? R. Fagard
12:45-13:00	Seminar closing remarks B. Onwubere

Note: Day 2 (25/09/2009; afternoon) and Day 3 (26/09/2009):
3rd African Scientific Meeting on Hypertension, including the abstract session on research in Africa in the afternoon of September 25.

Abstracts for Oral Presentation on 25th September 2009

14:45-15:45	Session 1 Chair: J.P. Degaute & C. Mondo
14:45-14:55	PREVALENCE AND DETERMINANTS OF PRE-HYPERTENSION AND HYPERTENSION AMONG ETHNIC HAUSA AND FULANIS OF SOKOTO, NIGERIA <u>Isezuo S.A.</u> , Sabir A. Dept of Medicine, Usmanu Danfodiyo University Teaching Hospital, Sokoto, Nigeria.
14:55-15:05	GENDER INFLUENCE ON THE BURDEN OF CARDIOVASCULAR DISEASES RISK FACTORS IN CAMEROON <u>Biholong</u> ¹ , Van de Borne P. ² , Moukouo J.T. ³ , M'Buyamba J.R. ⁴ , Degaute J.P. ² , Lemougoum D. ^{2,3} 1 Service of the Internal medicine Yaoundé General Hospital, Cameroon 2 Hypertension Clinic , Service of cardiology, ULB-Erasme Hospital, Belgium 3 Hypertension Clinic, Clinique des fleurs, Douala, Cameroon 4 Unité d'hypertension, cliniques Universitaires de Kinshasa, Kinshasa, DR Congo.
15:05-15:15	RELATIONSHIP BETWEEN ANTHROPOMETRIC MEASURES OF OBESITY AND BLOOD PRESSURE IN A NIGERIAN POPULATION <u>Mbadiwe N.C.</u> , Onwubere B.J.C., Anisiuba B.C. Department of Medicine, University of Nigeria Teaching Hospital, Enugu, Nigeria.
15:15-15:25	UNDIAGNOSED HYPERTENSION AND PROTEINURIA IN NAÏVE MARKET POPULATION IN ILE-IFE, NIGERIA <u>Arogundade F.A.</u> , Sanusi A.A., Hassan M.O., Gbadegesin R.A., Isah U., Akinbodewa A., Olarinoye O.F., Otuyemi O., Akinsola A. Department of Medicine, Obafemi Awolowo University Teaching Hospitals Complex, PMB 5538 Ile-Ife, Osun State, Nigeria.
15:25-15:35	A PRELIMINARY REPORT ON THE PRESCRIBING PATTERN OF ANTIHYPERTENSIVES AND REPORTED ADVERSE DRUG REACTIONS IN A NIGERIAN HYPERTENSION CLINIC <u>Olowofela A.</u> , Isah A.O. Clinical Pharmacology and Therapeutics Unit, Department of Medicine, University of Benin Teaching Hospital, Benin City, Nigeria

- 14:35-14:45 PATTERN OF ANTIHYPERTENSIVE UTILIZATION AND BLOOD PRESSURE CONTROL AMONG HYPERTENSIVE PATIENTS IN A TERTIARY HEALTH INSTITUTION IN SUB-SAHARAN AFRICA
Olanrewaju T.O., Aderibigbe A.
Division of Nephrology, Department of Medicine, University of Ilorin Teaching Hospital, Ilorin, Nigeria.
- 16:00-17:00** **Session 2**
Chair: P. Nilsson & C. Odigwe
- 15:00-16:10 THE PREVALENCE AND CONTROL OF HYPERTENSION AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS IN NIGERIAN BLACKS
Anakwue R.C.^{1,2}, Arodiwe E.B.¹, Ofoegbu E.N.¹
1. Department of Medicine, University of Nigeria Teaching Hospital, Enugu, Nigeria.
2. Department of Pharmacology & Therapeutics, UNTH, Enugu
- 16:10-16:20 HYPERTENSION, GLYCAEMIC CONTROL AND ITS CORRELATES IN PATIENTS WITH DIABETES MELLITUS
Arogundade F.A., Hassan M.O., Ikem R.T., Sanusi A.A., Isah U.A., Akinsola A.
Department of Medicine, Obafemi Awolowo University Teaching Hospitals Complex, PMB 5538 Ile-Ife, Osun State, Nigeria.
- 16:20-16:30 LEFT VENTRICULAR HYPERTROPHY AND GEOMETRY IN TYPE 2 DIABETIC PATIENTS WITH CHRONIC KIDNEY DISEASE. AN ECHOCARDIOGRAPHIC STUDY
Bayauli M.P.¹, Lepira F.B.², Kayembe P.K.³, M'Buyamba-Kabangu J.R.⁴.
¹Division of Endocrinology, ²Division of Nephrology, ⁴Hypertension Unit, Department of Internal Medicine, University of Kinshasa Hospital and ³Department of Epidemiology and Biostatistics², Kinshasa School of Public Health, University of Kinshasa, D.R. Congo.
- 16:30-16:40 MORPHOLOGIC CARDIAC ABNORMALITIES ON ECHOCARDIOGRAPHY IN HYPERTENSIVE SUBJECTS IN KANO, NIGERIA
Karaye K.M.^{1,2}, Habib A.G.^{1,2}, Mohammed S.², Shehu M.N.², Saidu H.².
¹Department of Medicine, Bayero University, Kano, Nigeria; ²Department of Medicine, Aminu Kano Teaching Hospital, Kano, Nigeria.
- 16:40-16:50 PROGNOSTIC ROLE OF BRACHIAL PULSE PRESSURE IN ACUTE MYOCARDIAL INFARCTION IN THE BLACK AFRICANS
Konin C.¹, Koffi J.¹, Adoh M.¹, Lemogoum D.², Kramoh E.¹, Anzouan Kakou J.B.¹, Diby F.¹
1. Cardiology Institute of Abidjan, Ivory Coast, 2. ERASMUS Hospital Brussels, Belgium.
- 16:50-17:00 KNOWLEDGE AND PERCEPTION OF STROKE AMONG HOSPITAL WORKERS IN AN AFRICAN COMMUNITY
*YAkinyemi R.O., *Ogah O.S., *Ogundipe R.F., †Oyesola O.A., ‡Oyadoke A.A.
†Ogunlana M.O., *Otubogun F.M., *Odeyinka T.F., †Alabi S.B., #Akinyemi J.O.
YKalaria R.N., *Osinfade J.K.
Departments of *Medicine, ‡Community Medicine and Primary Care, †Physiotherapy and †Nursing Services, Federal Medical Centre, Abeokuta, Nigeria.
#Department of Epidemiology and Biostatistics, Faculty of Public Health, University of Ibadan, Ibadan, Nigeria.
YInstitute for Ageing & Health, Newcastle General Hosp., Newcastle upon Tyne, UK.

Abstracts for Poster Presentation

INITIAL EXPERIENCE WITH 24-HOUR AMBULATORY BLOOD PRESSURE MONITORING IN ABEOKUTA, OGUN STATE

Ogah O.S., Akinyemi R.A., Ogundipe R.F., Osinfade J.K.L.

Department of Medicine, Federal Medical Centre, Idi-Aba, Abeokuta, Ogun State, Nigeria.

BODY MASS INDEX AND THE PREVALENCE OF OBESITY IN 728 HYPERTENSIVE SUBJECTS IN ABEOKUTA, OGUN STATE: A HOSPITAL BASED STUDY

Ogah O.S.¹, Adegbite W.², Udofia I.A.², Akinyemi R.O.¹, Ogundipe R.F.¹, Osinfade J.K.L.¹.

¹Department of Medicine, Federal medical centre, Idi-Aba, Abeokuta, Ogun State, Nigeria; ²Department of Medicine, Sacred Heart Hospital Lantoro, Abeokuta, Ogun State, Nigeria.

THE PERCEPTION OF HYPERTENSION AND KNOWLEDGE AND PRACTICE OF THE LIFESTYLE MODIFICATION MEASURES AMONG ADULT HYPERTENSIVES IN SUB-SAHARAN AFRICA

Ike S.O., Aniebue P.N., Aiebue U.U.

Departments of Medicine, Community Medicine, Obstetrics and Gynecology, University of Nigeria Teaching Hospital, Enugu, Nigeria.

RATES OF AWARENESS, TREATMENT AND CONTROL OF HYPERTENSION IN OUTPATIENTS ATTENDING THE UNIVERSITY OF NIGERIA TEACHING HOSPITAL, ENUGU, NIGERIA

Chijioke C.P.¹, Eze C.O.², Agunyenwa C.C.², Anakwue R.¹, Okolo T.³.

1. Dept of Pharmacology & Therapeutics; 2. Dept of Medicine; 3. General Outpatients Dept, University of Nigeria Teaching Hospital, Enugu, Nigeria.

ASPECTS AND DETERMINANTS OF TREATMENT COMPLIANCE AMONG HYPERTENSIVE PATIENTS ATTENDING THE KIGALI UNIVERSITY TEACHING HOSPITAL (CHUK).

Kamali P., Kagame A.

Kigali University Teaching Hospital, National University of Rwanda, Rwanda.

PREVALENCE OF ABNORMAL URINARY SEDIMENTS AND COMPARISON WITH DIPSTICK URINALYSIS IN HYPERTENSIVE NIGERIANS

Olanrewaju T.O., Aderibigbe A.

Division of Nephrology, Department of Medicine, University of Ilorin Teaching Hospital, Ilorin, Nigeria.

CARDIAC ARRHYTHMIAS IN RECENTLY DIAGNOSED HYPERTENSIVE PATIENTS AT FIRST PRESENTATION – AN ELECTROCARDIOGRAPHIC-BASED STUDY.

Ejim E.C., Ike S.O., Anisiuba B.C., Ime S.O., Onwubere Ikeh V.O., Okorogu D.

Department of Medicine, University of Nigeria Teaching Hospital, Enugu, Nigeria.

TEN-YEAR CORONARY ARTERY DISEASE RISK ASSESSMENT IN NIGERIAN HYPERTENSIVE SUBJECTS.

Ojji D.B.¹, Alfa J.¹, Ajayi S.O.², Mamven M.H.², Falase A.O.³.

¹Cardiology Unit and ²Nephrology Unit, Department of Medicine, University of Abuja Teaching Hospital, Gwagwalada, Abuja, ³Cardiology Unit, Department of Medicine University College Hospital Ibadan, Nigeria.

THE PART OF HYPERTENSION IN HEART FAILURE IN BRAZZAVILLE

Ntisba F., Baï-Sepou S., Nkoua J.L.

Brazzaville, Congo.

INVESTIGATION OF HEART FAILURE IN UNIVERSITY TEACHING HOSPITAL OF BUTARE.

Ganza G., Schulze U., Sanctus M., Uwamungu J.C.

University Teaching Hospital of Butare, Rwanda.

IMPAIRED RENAL FUNCTION IN NIGERIAN PATIENTS WITH HEART FAILURE.

Arodiwe E.B., Ijoma C.K., Ulasi I.I.

Renal Unit, Department of Medicine, University Of Nigeria Teaching Hospital, Ituku-Ozalla, Enugu, Nigeria.

PROGNOSTIC FACTORS AMONG CONGOLESE PATIENTS ADMITTED FOR STROKE.

Katchunga B.P., Lepira F.B., M'Buyamba-Kabangu J.R.

Department of Internal Medicine, Hypertension Unit, University of Kinshasa Hospital, Kinshasa, D.R. Congo

WORLD HYPERTENSION DAY 2006: OUTCOMES OF A SCREENING EXERCISE

Akoria O.A., Isah, A.O.

Department of Medicine, University of Benin/University of Benin Teaching Hospital, Benin City, Nigeria.