

SAND abstract No. 4 from the BEACH program 1999–2000

Subject: Cardiovascular disease

Organisation supporting this study: Aventis Pharma

Issues: Prevalence of selected cardiovascular disease; recent cardiologist consultations and hospital admissions for these cardiovascular diseases (CVDs); current medication.

Sample: 2,119 encounters from 106 GPs; data collection period: 17/7/99 – 16/8/99

Method: Detailed in the paper entitled 'SAND Method' on this web site (<http://www.fmrc.org.au/beach.htm>).

Summary of results

The age–sex distribution of the respondents was similar to the expected distribution for general practice, with the majority (58.8%) of patients being female.

One in four (26.0 %, 95% CI: 22.5–29.6) respondents had been diagnosed at some time with hypertension, congestive cardiac failure, stroke, or ischaemic heart disease (IHD) (including IHD with or without angina, myocardial infarction). Prevalence in males (25.1%) and females (26.8%) was similar. CVD was more prevalent in males aged 45–64 years than in women in this age group but in elderly patients (75+years) it was more prevalent in women than in men. The condition of highest prevalence was hypertension (20.6%, 95% CI: 17.4–23.7) followed by IHD of any type (8.5%, 95% CI: 6.0–10.9). Within the IHD group stable angina was the most prevalent condition (4.9%, 95% CI: 2.11–7.6). The prevalence of CCF was estimated to be 3.9% but the small sample size generated wide confidence intervals (0.0–8.4). The same could be said of the prevalence estimates for stroke (2.1%, 95% CIs 0.0–7.5). As expected, the prevalence of each condition increased with age.

Of the 551 patients with a CVD 24.3% (95% CI: 18.9–29.7) had seen a cardiologist in the previous twelve months and 15.8% (95% CI: 8.5–213.1) had been admitted to hospital in the previous year for the condition.

Fifteen percent of these 551 respondents had an angiogram at some point and 8.0% had undergone a coronary artery bypass graft (CABG).

Ace inhibitors were the most common medication group, being taken by 37.0% of CVD patients and a third of these were taking no other medication for their CVD. Aspirin was also taken by about one third of respondents with CVD (33.4 %, 95% CI: 28.5–38.3).

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