**Original article:**

**Cross sectional study to assess the prevalence of resistant hypertension and factors affecting treatment of resistant hypertension**

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**Abstract:**

**Introduction:** The magnitude of the burden of resistant hypertension needs an increase in awareness, treatment, and control of this condition. Recommendations for the pharmacological treatment of resistant hypertension remain largely empiric due to the lack of systematic assessments of 3 or 4 drug combinations, so this study was undertaken in 1192 hypertensive patients over a period of two years to assess prevalence and factors affecting treatment of resistant hypertension.

**Methods**: Resistant hypertension was diagnosed by criteria as defined by **WHO-ISH** guidelines. All patients more than 18 years old, surgical and medical, admitted to the hospital with BP >150/90 and diabetic and chronic renal disease patients with BP >130/80 inspite of taking 3 antihypertensive drugs were diagnosed as resistant hypertension and formed the study cohort.

**Results**: 233 patients out of a total of 1192 hypertensive patients admitted to the hospital in the study period were found to have resistant hypertension. In this study Diuretics was the most commonly used drug class (28.73% of all drugs used) .Maximum number of patients (54.51%) was taking 3 drugs which were not being taken in fixed dose combinations.

**Conclusion**: Resistant hypertension is a common clinical problem and. LVH, CKD, Obesity, Diabetes are predictors of resistant hypertension which should be adequately treated. Simplified prescribed regimens, longer acting combination drugs, frequent clinical visits, recording of home B.P measurements, multidisciplinary approach can improve compliance. Diuretics in adequate dosage should be utilized to treat resistant hypertension.

**Keywords**: Resistant hypertension, diuretics, diabetes.