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Cardiovascular risk prediction using WHO/ISH chart in urban and rural subjects attending diabetes screening clinic: A pilot study

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Objective: To assess 10 year risk of a fatal or non-fatal cardiovascular event in adults attending diabetes screening clinic using WHO/ISH risk prediction chart.

Methodology: A Cross sectional, pilot study was carried among adults attending non communicable disease [diabetes] screening clinics in Davanagere district, India over a period of two months. One clinic was selected from urban and two were from rural locality. 181 adult subjects took part in the study. WHO/ISH risk prediction charts were used to predict 10 year risk of a fatal or non-fatal cardiovascular event among the adults. Data was entered using Epidata3.1 and analysed using IBMSPSS20.0.

Results: Among the 181 subjects, 70.2% [127] were from urban and 29.8% [54] were from rural background. 70.2% [127] subjects had <10% risk and 3.3% [6] had >40% risk of cardiovascular event in the next 10 years. Among the 37 diabetic subjects, 70.3% [26] were from urban and 29.7% [11] were from rural background. There was significant difference between urban and rural subjects [$p<0.05$] in relation to tobacco consumption and hypertension. No significant difference was observed between urban and rural subjects [$p>0.05$] in relation to diabetes and cardiovascular risk occurrence. There was significant difference between random blood sugar level among diabetic and non-diabetic subjects in rural area [$p<0.05$].

Conclusion: Cardiovascular risk counselling should be an integral part of non-communicable disease screening and management programmes. Effective control of blood sugar level in diabetic patients needs improvised strategies in community setting. Cardiovascular risk factors like tobacco consumption and hypertension which has compounding effect needs to be addressed at individual level of counselling.

Biography

Rohit A received MD in Community Medicine from the prestigious RGUHS, Bengaluru, India. He is working as an Assistant Professor at Medical College and also as an Assistant Training Co-Ordinator for Non Communicable Disease training programme for Government health professionals conducted by KHSDRP with World Bank aid. He is involved in the review of manual on NCD [Diabetes, Hypertension and Cancer cervix] for KHSDRP, Government of Karnataka. He is a resource person for NACO CME series in 7 Medical colleges of Karnataka and certified Master Trainer for Emergency Care and Life support [ECLS] by Utah University, Salt Lake City, USA and RGUHS, Bengaluru. He is credited with 7 presentations at various international, national and state conferences.

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