



كلية الصيدلة
College of Pharmacy
QATAR UNIVERSITY جامعة قطر
عضو في الصحة HEALTH



THESIS PRESENTATION: Master of Science in Pharmacy

Ms. Nada Nabil Abdelkader

Thesis Title: Hypertension Management and Prescribing Practices in Primary Healthcare Settings in Qatar: A Multi-Methods Study

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Ibn Al Bitar Building (I06), G.CI.04



Summary: The use of antihypertensive medications controls blood pressure and reduces the incidence of complications. This study explored the prescribing patterns and trends of antihypertensive medications utilization, as well as perceived barriers, facilitators, and strategies for managing hypertension from physicians' perspective in primary healthcare centers in Qatar. The study also assessed blood pressure control among hypertensive patients. The first phase was a retrospective chart review. The second phase was a mixed-method explanatory sequential design study using Theoretical Domains Framework (TDF). Between 2018 and 2021, the most prescribed antihypertensives were calcium channel blockers. Angiotensin converting enzyme inhibitors and thiazide diuretics prescribing decreased. While calcium channel blockers and angiotensin receptor blockers prescribing increased. The majority of patients had controlled blood pressure ranging from 56.9% to 81.9% across the years from 2018 to 2020. Patients with dyslipidemia, heart failure, and Qatari citizens were more likely to have controlled blood pressure. In phase 2, seven components loaded: physicians' knowledge and skills, confidence in their role and identity, ability to remember to prescribe antihypertensives as per the guidelines, beliefs about consequences, goals, and intentions, perceived environmental context resources, and perceived social influences. Fourteen themes emerged. Examples include physicians' sources of knowledge about hypertension management, role in hypertension management, confidence about prescribing decisions, optimism regarding antihypertensives prescriptions yielding positive outcomes, goals when managing hypertension, methods to ensure their prescribing of antihypertensives is appropriate, emotions and experiences when prescribing antihypertensives, barriers and facilitators when prescribing antihypertensives and strategies to improve hypertension management in Qatar. Several barriers, facilitators and strategies were discussed to improve antihypertensive prescribing. Overall, prescribing patterns of antihypertensives were found to be similar to what is published in the literature. Majority of physicians reported following hypertension management guidelines. Further studies are needed to fully assess antihypertensives prescribing appropriateness.

