goals for diabetics, especially systolic BP < 130 mm Hg, will be a challenge.

Key Words: Hypertension Guidelines, Blood Pressure Control, Hypertension Specialist.

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PREVALENCE OF COMPELLING INDICATIONS AND THEIR INFLUENCE ON BLOOD PRESSURE GOAL ATTAINMENT IN GERIATRIC PATIENTS
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The sixth report of the Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure (JNC VI) identifies four disease states as compelling indications for the selection of specific antihypertensive therapy: type-1 diabetes mellitus with proteinuria (DM), congestive heart failure (CHF), isolated systolic hypertension (ISH), and myocardial infarction (MI). These guidelines are especially pertinent for elderly patients who are likely to suffer from one or more of these conditions. This study evaluated the prevalence of compelling indications and their influence on blood pressure goal attainment over a 12-month period in geriatric hypertensive patients. Data were collected by retrospective chart review and analyzed using standard software. Continuous data are presented as mean ± standard deviation. Binary logistic regression was used to model significant factors related to lack of blood pressure goal attainment. The study population was 388 patients (73% female) with a mean age of 77.9 ± 7.5 years. The majority of patients (88%) had one or more compelling indications present with ISH having the highest prevalence (82%). Multiple compelling indications were present in 119 patients (31%). The most common groupings were ISH with DM (44%), ISH with MI (17%), and ISH with CHF (16%). The presence of ISH (OR 0.07; 95% CI 0.03 to 0.19; p = 0.001) or DM (OR 0.34; 95% CI 0.13 to 0.92; p = 0.03) were associated with a significantly lower chance of patients attaining goal blood pressure during the study period. No associations were found for other modeled factors: number of compelling indications, number of clinic visits, age, gender, presence of CHF, or presence of MI. We conclude that compelling indications are present in the majority of geriatric hypertensive patients, and approximately one-third have combinations of these conditions. As anticipated, ISH is the most common compelling indication in this population and often exists in patients with DM. Patients with either of these two conditions are less likely to reach blood pressure goal. These findings identify a specific patient population requiring more intensive hypertension management.

Key Words: Isolated Systolic Hypertension, Geriatric, Compelling Indications