

51<sup>st</sup> CARDIOCON 2022: ABSTRACT

**FREQUENCY OF WHITE COAT HYPERTENSION USING 24 HOUR AMBULATORY BLOOD PRESSURE MONITORING (ABPM) IN PATIENTS PRESENTING TO TERTIARY CARE HOSPITAL**

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**Objectives:** Prevalence and epidemiologic characteristics of patients with white coat hypertension in our population. Ambulatory blood pressure monitoring is an effective tool to diagnose white coat hypertension. To know the frequency of white coat hypertension in patients presenting to cardiology division of Khyber Teaching Hospital with the help of ambulatory blood pressure monitoring.

**Methodology:** This cross sectional study was conducted at department of cardiology, MTI / Khyber Teaching Hospital, Peshawar. This study was conducted from 28th August 2021 till 28th February 2022. 102 patients of either gender presenting for blood pressure and cardiac evaluation were enrolled. Diagnosis of hypertension was made on 24 hour ambulatory blood monitoring device. Office blood pressure  $\geq 130/80$ mmHg and average blood pressure less than 130/80mmHg was considered confirmatory for white coat hypertension.

**Results:** Age of the patients ranged from 30 to 65 years. Mean age of the patient was  $46.68 \pm 10.239$  years. Male to female ratio was 2.1:1. White coat hypertension was found in 35 patients (34.3%). Gender and smoking history were found to have significant association with white coat hypertension.

**Conclusion:** White coat hypertension is a frequent finding in patients presenting for evaluation to cardiology department. Elderly female and patients with smoking history are more likely to have it.

**Keywords:** White coat hypertension, 24-hour ambulatory B.P monitoring, Prevalence

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