

**A STUDY OF THE PREDISPOSING FACTORS FOR
HYPERTENSION IN DIABETIC PATIENTS OVER
FORTY YEARS AT THIKA LEVEL FIVE**

**In Partial Fulfillment of the Requirements
For the Award of Bachelor's degree
In Pharmacy at Mount Kenya University, Thika**

A RESEARCH PROJECT SUBMITTED

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Abstract

The aim of this study was to determine the prevalence of hypertension in type II diabetes and incidence of health risk factors predisposing type II diabetic patients to hypertension in patients over 40 years old at Thika Level Five diabetes clinic.

The study was a prospective study in patients over 40 years old at Thika Level Five diabetes clinic in a cohort study from 1-8-2014 to 2-9-2014 in which 138 patients participated. Data was collected on a questionnaire and health records of attending patients.

The results showed that hypertension is prevalent in type II diabetic patients, especially women between the ages of 51-60 years. It was also prevalent in patients with family history of diabetes and or hypertension (128 patients). Drinking and smoking was found in 48 and 33 patients respectively, all of whom were men. Awareness was low among the patients, even though minority showed some degree of awareness pertaining to their current condition. The study found out that most of DM patients suffer from co-existing hypertension and related cardiovascular risk factors.