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SYNERGIA-ALGERIA

Effectiveness of hypertension management with an amlodipine and perindopril arginine-based strategy in Algeria: study design

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Context :

Hypertension is one of the main risk factors for cardiovascular disease in Algeria. Its prevalence has gradually increased over the last decade, with **1 in 3 adults living with hypertension.**

Over **60% of patients are unaware** of their disease status or **not effectively treated**, with younger patients least likely to be on treatment. Among treated hypertensive patients, many receive monotherapy and remain uncontrolled.

WHO recommends the addition of an angiotensin-converting enzyme inhibitor/angiotensin-receptor blocker or a diuretic in patients who are uncontrolled on a calcium channel blocker and a monthly follow-up after initiation until patients reach the blood pressure target. However, there is limited evidence from real-world observational studies in Algeria.

Objective:

This study aims to evaluate the **effectiveness of an amlodipine and perindopril arginine-based strategy** for 90 days in hypertensive patients previously **uncontrolled on monotherapy of amlodipine**.

Methods:

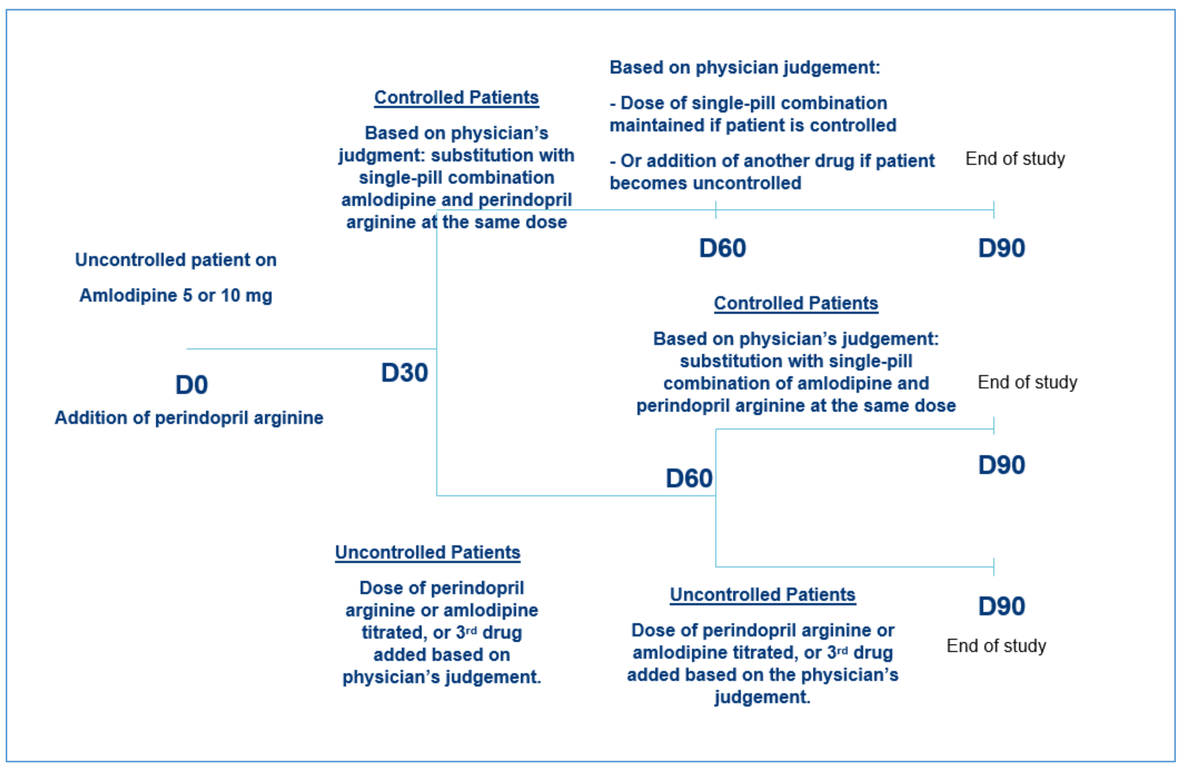
This will be a **multicentre prospective observational study.**

We aim to recruit about **1000 uncontrolled hypertensive adult** patients who **start perindopril arginine on top of previous amlodipine monotherapy**. Algerian-based physicians will recruit at 35 cardiology centres (public and private sectors) across Algeria.

During the study, physicians will be free to adapt treatment per their judgement, including dose adaptations, the addition of a third drug or the use of a single pill combination (SPC) as a substitute for the free combination of amlodipine/perindopril at the same dose when patients become controlled.

The primary outcome will be the **change in seating office blood pressure between baseline and day 90.** Secondary outcomes will include; the change in the blood pressure between baseline and the initiation of the SPC and between the initiation of the SPC and the end of the study, and the difference in the proportion of participants with side effects between the free combination and SPC.

Study Design



Conclusion:

In Algeria, **hypertension is a significant public health issue and lacks real-world data**. This study aims to assess if **short-term management with an amlodipine and perindopril arginine-based strategy may improve blood pressure control.**

This will be the first real world study from Algeria on the short-term management of hypertension with an amlodipine and perindopril arginine-based combination strategy.

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