Reviewer's report

**Title:** Blood pressure control and antihypertensive pharmacotherapy patterns in a hypertensive population of Eastern Central Region of Portugal

**Version:** 1  **Date:** 10 June 2010

**Reviewer:** Alice Ong

**Reviewer's report:**

A nice pragmatic paper on actual clinical practice which will appeal to a wide audience in terms of clinicians. Will raise awareness of an important issue particularly in patients at high risk.

1. Clear objective in text, but separating this into a new paragraph in both the abstract and main article background would make it visually more obvious.  
   [Comment 1 -discretionary]

2. Method used is appropriate but difficult to ascertain how the duration of hypertension was chosen. Assume this was from hospital records? or did some people have diagnosis prior to attending hospital clinic? [Comment 2 -minor essential revision if data available]

3. Data understandable and appears sound

4. Good data reporting

5. Good discussion of data and need for future work

6. Limitations discussed

7. Unclear if group is planning to do further work in this area. Are they planning to prospectively collect data? Perhaps collaborate with other geographical areas?  
   [Comment 3 -discretionary - clarification]

8. Title and abstract appropriate

9. Writing of background in abstract and main body could perhaps be revised to make it a little clearer. [Comment 4 -minor essential revisions]

In the abstract perhaps something like "Interventions to improve blood pressure control in hypertension have had limited success in clinical practice despite the evidence of cardiovascular disease prevention in randomised controlled trials"

In conclusion of abstract consider removing "Although", and inserting "however" before "many hypertensive patients prescribed....". The following part of the conclusion has an unclear meaning "being this control worse among patients at high risk...."

In main article text background section.
Substitute "heart attack and stroke and one of the most important...." with "with myocardial infarction and stroke being one of the most important health problems in Portugal causing excess morbidity and mortality."[insert a reference]

Half way down page 4 (background section) needs revision. "One of the major..... This definition does not take.."
Perhaps something like "The definition of controlled hypertension in this Portuguese survey was considered.....and did not take into account those with diabetes mellitus or chronic kidney disease. Then a new sentence starting with "The seventh report of....(JNC7), set a lower BP target of 130/80 for those with diabetes or chronic kidney disease."

End of page 4.
Perhaps instead of "The Eastern...." start with something like "Cova de...is a university teaching hospital and a ??regional tertiary referral centre"

Other Minor essential revisions
(Comment 5) Table 1 and Methods "Study population" on page 5 and end of page 8 "age-group <35" is there a lower age limit?? age 16 ?18, assume it was adults?
(Comment 6) end of page 8 "and most patients" what proportion or percentage??
(Comment 7) page 11 on antihypertensive therapy - were the 9 who were counselled younger?? would be useful to give an indication of age
(Comment 8) although mentioned in results section there was an absence of discussion of findings reported in figure 1 and at the bottom of page 11 in the discussion section.

Level of interest: An article of importance in its field

Quality of written English: Needs some language corrections before being published

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:
I declare that I have no competing interests