

**AC046**

Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

PREVALENCE AND PREDICTORS OF STATIN PRESCRIPTION AMONG HIGH-RISK CARDIOVASCULAR PATIENTS IN NIGERIA

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Stand: POSTER #AC046 | **Venue:** Poster Exhibition Hall & Gallery - Eko Convention Centre | **Online Ref:** <https://nigeriancardiacsociety.com/abstracts/AC046>

Background: Dyslipidemia is a growing public health concern in Nigeria, with documented gaps in clinician knowledge, prescribing practice, and lipid disorder management. This study determined the prevalence of statin use and its clinical and sociodemographic predictors among high-risk cardiovascular patients in Nigeria.

Methods: This national cross-sectional study, conducted by Nigeria Clinical Lipid Research (NiCLiR) Network across selected tertiary and secondary health institutions in Nigeria over 10 months, enrolled adults aged ≥18 years with at least one high-risk condition per the 2018 ACC/AHA Primary Prevention Guideline. Statin prescription was defined as documented current use at data collection. Predictors were identified via multivariable logistic regression ($p < 0.05$) in SPSS 28, adjusting for age, sex, region, hypertension, diabetes, stroke, peripheral vascular disease (PVD), chronic kidney disease, and left ventricular hypertrophy (LVH, diagnosed by ECG voltage criteria). Ethical approval was obtained from centres.

Results: Of 1,470 high-risk participants, only 539 (36.7%) were prescribed statins. Prescription rates varied markedly by region, highest in the Southwest (321/722, 44.5%) and lowest in the North-East (27/231, 11.7%). Mean age and sex distribution did not differ significantly between groups (59.3 ± 12.4 vs. 58.7 ± 15.6 years; males/females 243/296 vs. 427/504, $p > 0.05$). Statin prescription was significantly lower with LVH (96/251, $p = 0.002$) and PVD (26/50, $p = 0.043$).

Conclusion: Statin prescription was low among high-risk cardiovascular patients in Nigeria, with marked regional variation, highlighting an evidence-practice gap. Strategies to improve guideline-based prescription and equitable access to affordable statins are needed.

Keywords: Prevalence, Statin Prescription, Predictors, Cardiovascular Risk, Nigeria