

## RECOMENDACIÓN 4

### BÚSQUEDA Y SÍNTESIS DE EVIDENCIA DE EFECTOS DESEABLES E INDESEABLES Guía de Práctica Clínica Hipertensión arterial primaria o esencial en personas de 15 años y más - 2018

#### A. PREGUNTA CLÍNICA

En personas mayores de 70 años con diagnóstico de hipertensión arterial, el límite inferior de presión arterial diastólica (PAD) ¿Debería ser 70 mm de Hg o 60 mm de Hg?

#### Análisis y definición de los componentes de la pregunta en formato PICO

**Población:** Personas mayores de 70 años con diagnóstico de hipertensión arterial.

**Intervención:** Límite inferior de presión arterial diastólica (PAD) en 70 mm de Hg.

**Comparación:** Límite inferior de presión arterial diastólica (PAD) en 60 mm de Hg.

**Desenlace (outcome):** Mortalidad, eventos cardiovasculares, efectos adversos.

#### A. BÚSQUEDA DE EVIDENCIA

Se realizó una búsqueda general de revisiones sistemáticas asociadas al tema de “Hypertension”. Las bases de datos utilizadas fueron: Cochrane database of systematic reviews (CDSR); Database of Abstracts of Reviews of Effectiveness (DARE); HTA Database; PubMed; LILACS; CINAHL; PsychINFO; EMBASE; EPPI-Centre Evidence Library; 3ie Systematic Reviews and Policy Briefs Campbell Library; Clinical Evidence; SUPPORT Summaries; WHO institutional Repository for information Sharing; NICE public health guidelines and systematic reviews; ACP Journal Club; Evidencias en Pediatría; y The JBI Database of Systematic Reviews and implementation Reports. No se aplicaron restricciones en base al idioma o estado de publicación. Dos revisores de manera independiente realizaron la selección de los títulos y los resúmenes, la evaluación del texto completo y la extracción de datos. Un investigador experimentado resolvió cualquier discrepancia entre los distintos revisores. En caso de considerarse necesario, se integraron estudios primarios.<sup>1</sup>

Seleccionadas las revisiones sistemáticas o estudios primarios asociadas a la temática, se clasificaron en función de las potenciales preguntas a las que daban respuesta. Al momento de definir la pregunta la evidencia ya se encontraba previamente clasificada según intervenciones comparadas. Los resultados se encuentran alojados en la plataforma Living Overview of the Evidence (L-OVE), sistema que permite la actualización periódica de la evidencia.

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<sup>1</sup> Para revisar la metodología, las estrategias y los resultados de la búsqueda, favor revisar el informe “Búsqueda sistemática de evidencia de los efectos deseables e indeseables” en la sección de método de la Guía de Práctica Clínica respectiva.

## B. SÍNTESIS DE EVIDENCIA

### Resumen de la evidencia identificada

Se identificaron 23 revisiones sistemáticas que incluyen 30 estudios primarios, de los cuales 26 corresponden a ensayos aleatorizados. Para más detalle ver “*Matriz de evidencia*”<sup>2</sup>, en el siguiente link: [Meta de control de presión arterial más intensiva versus menos intensiva](#)

Tabla 1: Resumen de la evidencia identificada

Revisión Sistemática	23 [1-23]
Estudios primarios	26 ensayos aleatorizados [24-49] y 4 estudios observacionales [50-53]

### Estimador del efecto

Se realizó un análisis de la matriz de evidencia, observándose que no existen estudios que comparen la efectividad de la terapia en los límites planteados. Por lo que se decidió utilizar de evidencia indirecta respecto a la comparación sobre la intensidad de la terapia en presión arterial diastólica (Once ensayos [24-27, 29, 33, 37, 40, 43, 45, 49]). Sin embargo, ninguno de los ensayos analizó el límite inferior en los rangos solicitados, por lo cual se decidió desestimar la evidencia.

### Metanálisis

No aplica

### Tabla de Resumen de Resultados (Summary of Findings)

LÍMITE INFERIOR DE PRESIÓN ARTERIAL DIASTÓLICA EN 70 MM DE HG COMPARADO CON LÍMITE INFERIOR DE PRESIÓN ARTERIAL DIASTÓLICA EN 60 MM DE HG			
Población	Personas mayores de 70 años con diagnóstico de hipertensión arterial		
Intervención	Límite inferior de presión arterial diastólica en 70 mm de Hg		
Comparación	Límite inferior de presión arterial diastólica en 60 mm de Hg		
Desenlaces	Efecto	Certeza de la evidencia (GRADE)	Mensajes clave en términos sencillos
Beneficio	No se identificaron estudios que comparen el límite inferior de presión arterial en los rangos solicitados.	--	--
Efectos adversos	No se identificaron estudios que comparen el límite inferior de presión arterial en los rangos solicitados.	--	--

GRADE: Grados de evidencia Grading of Recommendations Assessment, Development and Evaluation.  
**Fecha de elaboración de la tabla:** Julio, 2018

<sup>2</sup> **Matriz de Evidencia**, tabla dinámica cuyas filas representan las revisiones sistemática y en las columnas los estudios primarios que responden una misma pregunta. Los recuadros en verde corresponden a los estudios incluidos en las respectivas revisiones. La matriz se actualiza periódicamente, incorporando nuevas revisiones sistemáticas pertinentes y los respectivos estudios primarios.

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