

Aldosterone-renin ratio in screening for primary aldosteronism: clinical audit *Raheem, A A; Cafferkey, M Basildon University Hospital*

Aim:

To compare current practice in a district general hospital against clinical guidelines and to identify the causes of repeated testing.

Methods:

We searched laboratory database for all ARR performed over 14 months period from May 2016 to July 2017 in Basildon University hospital. We reviewed clinical records for indications of the test. We evaluated local practice against guidelines of the Endocrine Society in patients with hypertension and the European Society of Endocrinology in patients with adrenal nodules.

Results:

We found 109 ARR measurements of 93 patients. Sixty two percent of patients were females. The indication for the test was hypertension in 52%, of these 71% met criteria for investigation. Forty percent of the patients in this sample had the test because of adrenal nodule and 46% of them met criteria for screening. Overall, 59.1% met criteria for investigation. Three patients were diagnoses with PA, while three possible cases where still under investigation. All positive results were in patients who met criteria for screening. Interfering medications accounted for 33.3% of repeated tests.

Conclusion:

Aldosterone-renin ratio was not indicated in 40% of patient in this sample. Careful patient selection can cut down the numbers of unnecessary tests. Review of medications is necessary to avoid the need to repeat testing.
communities.