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Clinical Feature-Based Validation and Calibration for Diagnosing Hypertension and Cardiovascular Diseases: Integrative Review

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Nahla Elradhi Abdulrahman[1*] Abdelelah Abdelgadir Ahmed Hamed[2] Nahid Khalil Elfaki[3] Amna Mohmmed Idris[2] Wargaa Hashim Hussein Taha[4]

Abstract

Background and objective: Hypertension and Cardiovascular Diseases (CVD) are major global public health issues, leading to a large impact on illness and death rates. Prompt and precise identification of these diseases is essential for efficient management and avoidance of complication. This study aims to examine the significance of clinical characteristics in the diagnosis of cardiovascular diseases and hypertension. Identification and categorization of risk are crucial for prompt interventions and efficient management of these widespread and influential situations. The diagnostic techniques are based on clinical aspects, which include blood pressure measures, lipid profiles, family history, lifestyle choices, and comorbidities.

Methods: The review evaluates the validation and calibration of clinical characteristics, drawing from robust data obtained through extensive cohort studies, risk prediction models, and adherence to defined criteria. It examines the role of measuring blood pressure, lipid profiles, and lifestyle habits in efficiently identifying individuals at risk of developing hypertension and CVD. Additionally, the review explores the incorporation of technology innovations, such as wearable devices, mobile apps, and artificial intelligence, in improving the diagnostic process.

Results: This study shows that measuring blood pressure, lipid profiles, and lifestyle habits may efficiently detect individuals who are susceptible to develop hypertension and CVD. It is crucial to calibrate clinical characteristics in order to guarantee their precision and dependability in predicting the probability of hypertension and cardiovascular disease. This method entails enhancing risk assessment systems to include population-specific attributes and dynamic disease patterns. The incorporation of technology innovations, such as wearable devices, mobile apps, and artificial intelligence, has significantly improved the process of diagnosing clinical features, and the accuracy of predicting clinical parameters, making it easier to measure individualized risk and diagnose hypertension and cardiovascular disease at an early stage.

Conclusion: Incorporating verified clinical characteristics into risk assessment tools and prediction models, together with advancements in technology, has the capacity to enhance the early identification and individualized treatment of these illnesses. Ongoing research and innovation in this sector are crucial to improve diagnostic methods and increase the accuracy of clinical feature-based diagnosis for hypertension and cardiovascular disease.

Keywords: Clinical features; Cardiovascular diseases; Hypertension; Calibration; Validation; Diagnostic accuracy; Technology.

Introduction

Hypertension and cardiovascular diseases (CVD) are major global public health issues, leading to a large impact on illness and death rates.(1) Prompt and precise identification of these diseases is essential for efficient management and avoidance of problems. Hypertension, often defined as high blood pressure, is the primary risk factor for a number of CVDs, such as cardiac arrhythmias, heart disease, kidney disease, and strokes.(2)

[1] Department of Community Nursing, College of Nursing, Najran University, Najran, Saudi Arabia.
[2] Department of Medical Surgical , College of Nursing, Najran University, Najran, Saudi Arabia.
[3] Department of Community Health Nursing, College of Nursing, Najran University, Najran, Saudi Arabia.
[4] Department of Nursing, College of Nursing, Najran University, Najran, Saudi Arabia.
Correspondence: neabdulrahman@nu.edu.sa

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Furthermore, it is important to note that a significant number of individuals with hypertension remain undetected due to the fact that hypertension often does not manifest noticeable signs, even during the first and raised blood pressure phases.[3]
Regular monitoring of blood pressure and assessing its levels is essential for preventing and diagnosing asymptomatic hypertension, as well as studying its progression in diagnosed individuals. Arterial blood pressure is comprised of two elements: systolic blood pressure and diastolic blood pressure. The systolic blood pressure is defined by the force produced by the contractions of the left ventricle, indicating the pressure generated by the blood toward the arterial walls during the contractions of the heart. Diastolic blood pressure, on the other hand, is influenced by the impediment of the arteries to blood flow and represents the pressure generated toward the walls during heart relaxation.[4] Blood pressure is primarily detected by two factors: the amount of blood pumped by the heart per unit of time as well as the resistance encountered by the arteries as blood flows through them.[5] These factors are influenced by the function of the autonomic nervous system that controls heart rate and arteriole opposition, as well as the regulation of salt and water filtration in the kidneys, which affects blood volume.[6]
Therefore, validation and calibration based on clinical features are crucial for the precise diagnosis of hypertension and CVD. This enables healthcare practitioners to detect individuals who are susceptible and offer prompt treatments. The purpose of this study review is to examine the existing data on clinical feature-based methods for detecting hypertension and CVD, with a focus on their validation and calibration in real-world medical settings.

Methods

Search strategy

A thorough literature analysis of 3983 articles was conducted utilizing online databases such as MEDLINE, PubMed, Cochrane Library, and Embase. Retrieve pertinent publications published from 2006-2023, with a specific emphasis on cohort studies, risk prediction models, and clinical recommendations pertaining to hypertension and cardiovascular disease (Figure 1). The researcher used a set of terms, including "hypertension," "cardiovascular disease," "clinical features," "risk assessment," "validation," "calibration," and "integrated risk prediction models."

Inclusion criteria

- Studies that specifically examine the process of confirming and adjusting the accuracy of clinical characteristics related to hypertension and cardiovascular disease.
- Articles on the use of clinical characteristics into risk prediction algorithms and guidelines.
- Cohort studies, meta-analyses, clinical trials, and systematic reviews are types of research methodologies often used in scientific investigations.

Exclusion criteria

- Studies that were not published in the English language.
- Types of written documents include case reports, correspondence, and editorials.
- Studies lacking enough data on the validation and calibration of clinical characteristics.

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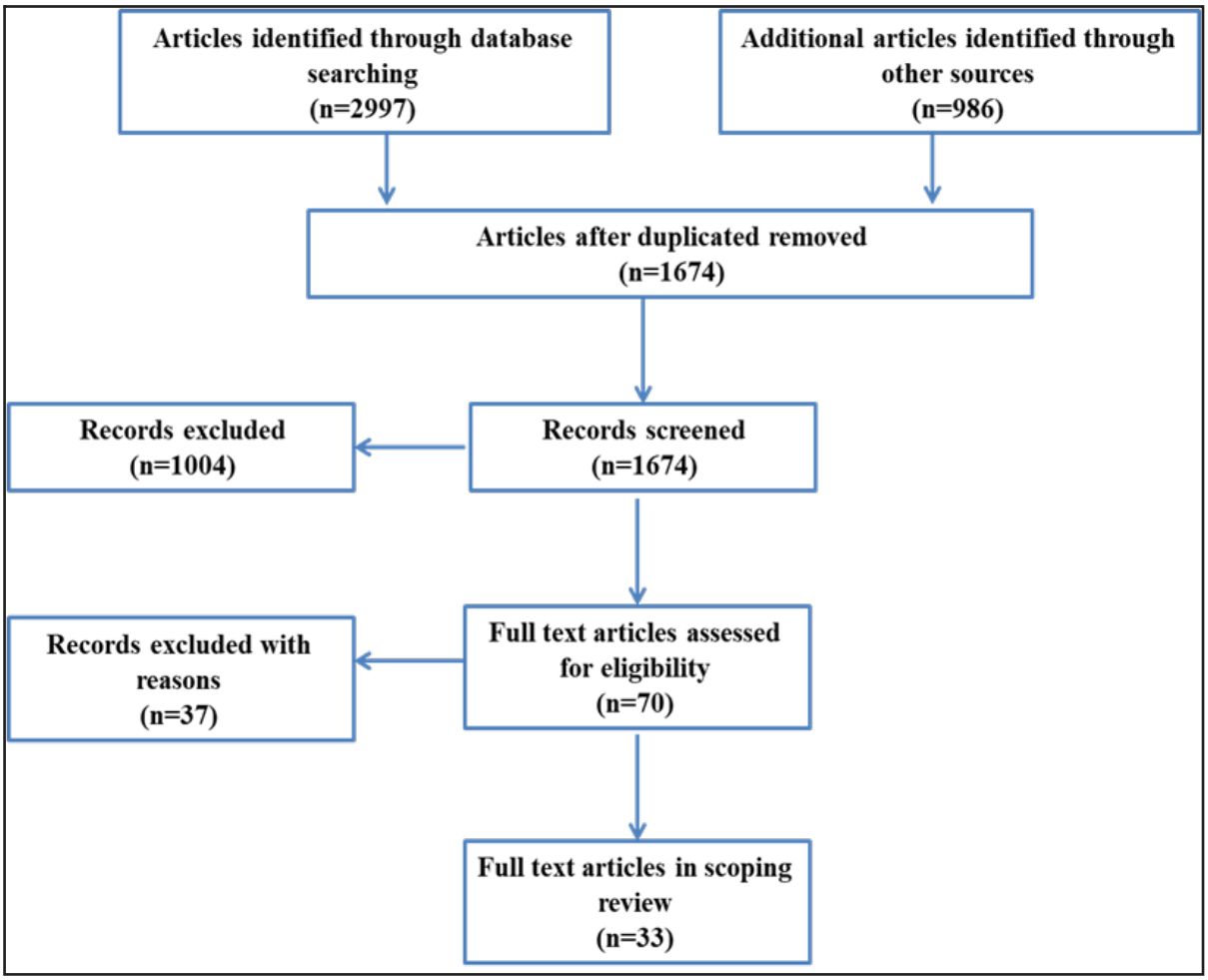

Figure 1 Flowchart of studies used

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Clinical criteria for cardiovascular disease and hypertension

The clinical features of hypertension and CVD are essential in the identification, treatment, and avoidance of these illnesses. Comprehending these characteristics is crucial for healthcare practitioners to accurately recognize and manage patients who are in danger.[7]

Hypertension is a prevalent cardiovascular disorder characterized by increased levels of blood pressure.[8] The clinical manifestations of hypertension cover a broad spectrum of indicators and symptoms that healthcare professionals use to detect and diagnose the illness. These characteristics may include enduring elevated blood pressure measurements, commonly assessed by a blood pressure cuff and represented as systolic pressure over diastolic pressure (e.g., 120/80 mmHg).[9] Additional clinical manifestations may include symptoms such as cephalalgia, vertigo, impaired visual acuity, thoracic discomfort, and dyspnea. Nevertheless, it is crucial to acknowledge that hypertension often lacks noticeable symptoms, underscoring the need of routine blood pressure testing to identify it at an early stage.[10]

Cardiovascular disease is a collection of medical illnesses that impact the heart and blood arteries. The clinical manifestations of CVD are diverse and contingent upon the particular ailment. They may include angina (chest pain or discomfort), dyspnea (shortness of breath), weariness, palpitations, lower extremity edema (swelling in the legs), and vertigo.[11] In more critical instances, CVD might result in myocardial infarctions, cerebrovascular accidents, or cardiac insufficiency. Factors such as hypertension, hyperlipidemia, tobacco use, obesity, diabetes, and a familial predisposition to CVD might contribute to the manifestation of these clinical characteristics.[12]

Research in the field of hypertension and CVD focuses on studying the clinical characteristics, such as prevalence, patterns, and relationships, of these conditions in various populations. Epidemiological studies aid in the identification of risk factors and demographic features that are linked to the occurrence of hypertension and CVD. Studies have shown that several variables, including age, gender, race, socioeconomic level, and lifestyle elements like nutrition and physical exercise, might impact the clinical characteristics and results of these disorders.[9,13]

Research also investigates the correlation between clinical characteristics and the underlying pathophysiology of hypertension and CVD. Research has shown that hypertension is often linked to irregularities in the renin-angiotensin-aldosterone system, which controls blood pressure. Gaining a comprehensive understanding of these processes may be beneficial in the creation of precise and focused therapies and interventions.[14]

The importance of understanding the clinical features of hypertension and CVD rests in their ability to diagnose and predict outcomes. These traits are essential for healthcare practitioners to make precise diagnosis, evaluate the severity of diseases, and establish suitable treatment plans.[15] For instance, the existence of certain clinical characteristics in a patient with hypertension may suggest a heightened likelihood of experiencing complications such as myocardial infarctions or cerebrovascular accidents.[16] Early identification of these characteristics may trigger actions aimed at mitigating risk factors, implementing lifestyle adjustments, and prescribing drugs to manage blood pressure and avert further harm to the cardiovascular system.[17]

The examination of medical features assists in categorizing risks and creating models to forecast such risks. Healthcare practitioners enhance their assessment of an individual patient's total cardiovascular risk by identifying certain clinical characteristics that are linked to negative outcomes. This data assists in determining

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appropriate treatment options and actions, such as suggesting modifications to one's lifestyle, providing drugs, or making referrals for more specialist medical attention.[18,19]

However, recognizing the limitations and challenges in exploring the clinical characteristics of hypertension and cardiovascular disease (CVD) is essential. Clinical manifestations can vary among individuals, and some patients may exhibit unconventional or subtle symptoms, adding complexity to the diagnostic process. Additionally, situations may arise where specific clinical features overlap with those of other medical conditions, leading to inaccurate diagnoses or delayed medical interventions.[20]

Validation of clinical features

Validating clinical characteristics for hypertension and cardiovascular disease is an essential element of medical research. It entails using several approaches to assure the accuracy, reliability, and applicability of the discovered clinical characteristics for the prediction or diagnosis of these illnesses. Studies have used machine learning approaches to create models for hypertension prediction using easily available variables.[21]

Researchers hypothesized a predictive model for hypertension outcomes by analyzing physical examination indicators of hypertensive patients. The research used a two-step approach to forecast the patients' result. Firstly, it included extracting crucial characteristics from the patients' physical examination indicators. Subsequently, these essential features were utilized to estimate the patients' outcomes. The model included a combination of recursive feature reduction, cross-validation, and a classification algorithm. The research demonstrated that the classifier achieved superior prediction performance after the implementation of recursive feature removal with cross-validation feature selection.[22]

Bird and his colleagues in 2020 evaluated hypertension by analyzing clinical electrocardiogram (ECG) characteristics. The study provided a concise overview of the scientific literature produced between 2010 and 2020 on the use of ECG wave morphology exclusively for the purpose of monitoring blood pressure or detecting hypertension. The research identified that the P wave, QTc intervals, and TpTe intervals show potential as indicators for this objective.[9]

In 2023, Tao and his colleagues conducted study aimed to create and verify a multidimensional predictive method to assess the likelihood of coronary heart disease in middle-aged and elderly persons, with a special focus on cardiovascular disease. The research used the Lasso regression analysis approach, which effectively mitigates collinearity issues and identifies crucial prospective predictors. The research revealed a strong correlation between coronary heart disease and age, ankle-brachial index, hemoglobin A1c, and brachial artery flow-mediated vasodilatation.[23]

A separate investigation constructed and verified a prognostic technique for coronary artery disease (CAD) employing machine learning.[24] The research used the Random Forest technique to build a model for predicting CAD and evaluated its performance using a receiver operational characteristic (ROC) graph. The research revealed that the model had a high area under the curve (AUC) in accurately distinguishing patients with CAD from control subjects, demonstrating excellent sensitivity and specificity.

Calibration of clinical features

In medical research, the calibration of clinical features for hypertension and cardiovascular disease is a crucial component. The process entails the application of diverse methodologies in order to ascertain the accuracy, dependability, and potential utility of the identified clinical features in prediction or diagnosis of stated conditions. Extensive research has been conducted to develop predictive models for hypertension risk

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using machine learning techniques and readily available variables.[6,9,25]

Researchers put forth a predictive approach for hypertension outcomes by utilizing physical examination indicators of patients with hypertension. The research involved a two-step process for predicting patient outcomes: first, crucial features were extracted from the physical examination indicators of the patients; and second, these critical features were utilized to forecast the patients' outcomes. The framework integrated recursive feature elimination with a classification algorithm and cross-validation technique.[25] And they indicated that the classifier achieved improved prediction performance subsequent to recursive feature elimination coupled with cross-validation feature selection.

A multivariate prediction model was constructed and verified in a study to estimate the likelihood of coronary heart disease (CHD) in individuals who are middle-aged or elderly with respect to cardiovascular disease.[6] The research employed the least absolute shrinkage and selection operator (LASSO) method of regression analysis in order to ascertain significant potential predictors and prevent collinearity. Age, hemoglobin A1c, ankle-brachial index, and brachial artery flow-mediated vasodilation were all significantly associated with CHD, according to Cano and his colleagues.[6]

Moreover, researchers employed machine learning to construct and authenticate a predictive model for coronary artery disease (CAD). The research constructed a predictive model for CAD utilizing the Random Forest algorithm and evaluated the model using the receiver operating characteristic (ROC) curve. With a high degree of sensitivity and specificity, the model demonstrated a favorable area under the curve (AUC) in distinguishing CAD patients from controls, according to the study.[26]

Technology and innovation in clinical feature-based diagnosis

Innovation and technological advancement have had a substantial effect on the clinical diagnosis of hypertension and cardiovascular disease based on clinical features. As a result of these developments, more precise, effective, and individualized diagnostic techniques have been created. Artificial intelligence (AI) has emerged as a potentially effective instrument in the quest to mitigate the worldwide impact of hypertension and advance precision medicine in the context of cardiovascular diseases.[27] AI is capable of stimulating human cognition and learning through the use of sophisticated algorithms and computational prowess. It is applicable to big data and multimodal environments, encompassing socioeconomic, behavioral, environmental, proteomics, metabolomics, and cardiovascular imaging, among others.

Artificial intelligence (AI) exhibits the capability to discern risk factors and phenotypes associated with hypertension, forecast the likelihood of incident hypertension occurrence, diagnose hypertension, approximate blood pressure, devise innovative cuffless methods for blood pressure measurement, and exhaustively ascertain factors that are linked to treatment adherence and success.[28]

Machine learning methodologies have also been implemented to construct predictive models for hypertension risk, utilizing readily obtainable variables. As an illustration, one study put forth a predictive approach for hypertension outcomes by utilizing physical examination indicators of patients with hypertension. The framework integrated recursive feature elimination with a classification algorithm and cross-validation technique.[21]

Supervised learning encompasses several approaches including artificial neural network (ANN), support vector machine (SVM), random tree, K-nearest neighbor (KNN), decision tree, naïve Bayes (NB),

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fuzzy logic, and regression (Figure 2).[29] Uncontrolled learning is a technique for interpreting data that classifies samples by analyzing an extensive amount of specimens from the item being studied, sans using any classification data. This includes grouping algorithms and connection rule-learning algorithms.[30]

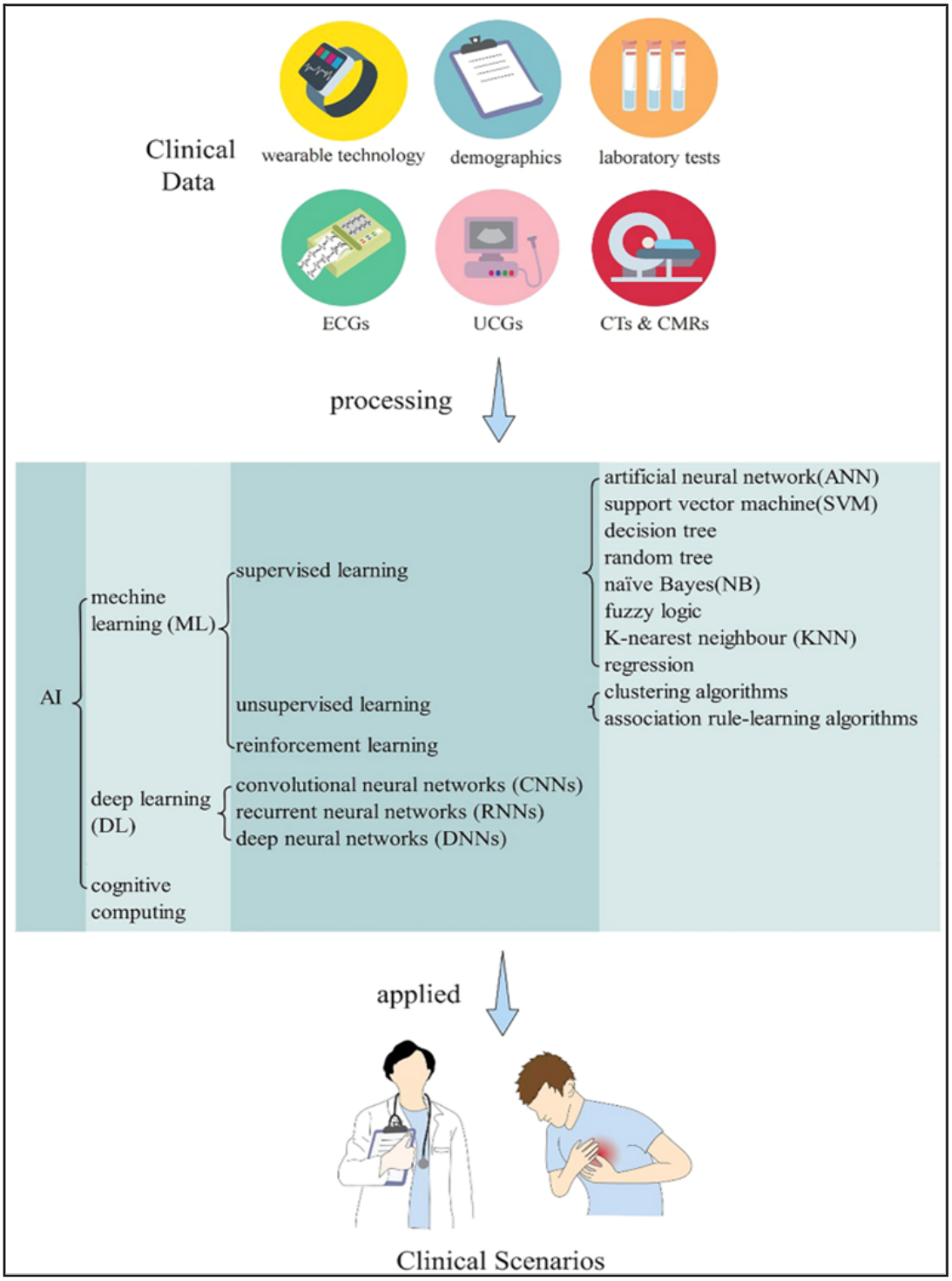

Figure 2 An illustration of AI use in clinical practice (Sun et al., 2023)

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Digital health technologies have been assessed for their potential to enhance cardiovascular disease outcomes via various modalities, including wearable devices, text-messaging applications, and smartphone applications. Text-messaging programs have been the subject of the most research among digital health interventions; research has demonstrated that they decrease the likelihood of developing cardiovascular disease and enhance compliance with therapy.[31]

AI methodologies have demonstrated the capacity to expedite the treatment and diagnosis of cardiovascular ailments. AI is capable of identifying, processing, integrating, and analyzing vast quantities of healthcare data (experimental results, medical records, ultrasounds, and medications). The utilization of particular algorithms on pre-existing large-scale datasets produces outcomes that can be applied by clinicians to enhance the process of diagnosis.[32]

Innovation and technology have substantially enhanced the ability to diagnose hypertension and cardiovascular disease based on clinical features. As a result of these developments, more precise, effective, and individualized diagnostic techniques have been created. It is essential to note, however, that despite the great promise that these technologies hold, they are still in their infancy particularly in its reliability and accuracy, additional research and development to reach their maximum potential is required.[33]

Discussion

The research focused on validating and calibrating clinical criteria for detecting hypertension and cardiovascular diseases (CVD). The debate will focus on important discoveries, consequences, restrictions, and upcoming research paths in this area.

The research highlights the important relevance of clinical features, including blood pressure measurements, lipid profiles, family history, lifestyle choices, and comorbidities, in diagnosing and evaluating the risk of hypertension and cardiovascular disease. These clinical traits are crucial signs for healthcare professionals to recognize persons at risk and provide prompt remedies. Cano et al.[6] highlight the need of precise measurement and monitoring of blood pressure levels, together with the inclusion of other clinical factors, to enhance diagnostic precision.

Utilizing technological breakthroughs, including artificial intelligence (AI) and machine learning algorithms, was emphasized as a beneficial method to improve the diagnostic procedure.[28] Utilizing wearable devices, smartphone applications, and AI algorithms has shown significant promise in enhancing the precision of forecasting clinical data and aiding in the early detection of hypertension and cardiovascular disease. Technological improvements allow for measuring unique risk and offering tailored treatment alternatives.[21,29,30] The research emphasizes the significance of adjusting clinical features according to population-specific factors and changing illness patterns. To improve the precision of diagnostic and prediction models, risk assessment systems must take into account variables including age, gender, race, socioeconomic status, and lifestyle factors.[31]

Continued research and innovation in this field are essential for enhancing diagnostic techniques and enhancing the efficiency of clinical feature-based diagnosis for these diseases. Although there have been tremendous breakthroughs in clinical feature-based diagnosis, it is important to acknowledge the existing limits. One constraint is the diversity of clinical presentations among people, which might make the diagnosis procedure more complex. Furthermore, some individuals may have unusual or subtle symptoms, resulting in a delayed or inaccurate diagnosis. Additionally, certain clinical characteristics may coincide with those of

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other medical diseases, making the diagnosis more difficult. These constraints underscore the need for ongoing study and advancement to address these obstacles and enhance diagnostic precision. Thus, this research emphasizes the crucial role of clinical aspects in detecting hypertension and cardiovascular illnesses. Verified clinical traits, together with technology progress, might enhance the early detection and personalized treatment of many illnesses. Ongoing research and innovation are essential to improve diagnostic methodologies, overcome restrictions, and increase the accuracy of clinical feature-based diagnosis for hypertension and cardiovascular illnesses.

Future Directions and Limitations

Although clinical characteristics for detecting hypertension and CVD have been validated and calibrated, there are still many limitations. The reliability of clinical characteristics may be affected by the variability in measuring procedures, possible mistakes in self-reported data, and the presence of confounding circumstances. Subsequent investigations should prioritize the improvement of risk assessment tools and prediction models to overcome these constraints. Additionally, it is important to investigate new clinical characteristics and biomarkers, such as genetic markers and circulating biomolecules, to boost the accuracy of diagnosis.

Conclusion

In conclusion, incorporating verified clinical characteristics into risk assessment tools and prediction models, in addition to continuous technology improvements, has the potential to fundamentally transform the early identification and tailored treatment of hypertension and cardiovascular disease. Ongoing research, cooperation, and innovation in this field are crucial to enhance diagnostic methods and enhance the accuracy of clinical feature-based diagnosis for these common and influential illnesses.

Competing interests

The authors declare that they have no competing interests.

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