

Abstract

Analysis of care in patients at risk for arterial hypertension in pharmacy IV.

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Introduction and aim: Arterial hypertension (AH) belongs due to its pressure and atherosclerotic complications among very serious global health problems. The main goal of the therapy of AH is to prevent these complications, comprising early diagnosis and proper treatment plan.

The aim of the study was to realize counselling in a pharmacy focused on clients with the risk of AH or already diagnosed AH.

Methodology: Data were collected in a community pharmacy in Kralovice from September 2014 to January 2015. Prior to blood pressure measurement, the controlled interview was conducted with each client using special form which enabled to obtain important data from clients' history. Following data were obtained: socio-demographic characteristics of each client; their relationship to blood pressure measurement; risk factors of AH or atherosclerosis, respectively; disease history and use of drugs including food supplements. Results of blood pressure measurement, proposed intervention, or drug related problems were also subsequently recorded into the form thus demonstrating structured written protocol of counselling. Blood pressure measurement was carried out in respect of guidelines of the Czech Chamber of Pharmacists. Obtained data were evaluated by descriptive statistics. Drug related problems were classified according to the modified classification V5.01 Pharmaceutical Care Network Europe.

Results: Data were analyzed from 199 pharmacy clients (55.3 % women; mean age 49.7 years). Thirty clients, of which 12 clients without previously diagnosed AH, had blood pressure $\geq 140/90$ mm Hg. Based of the interview and a retrospective analysis 43 drug related problems of antihypertensives or therapy of AH were identified. Each client received recommendations to promote adherence to a healthy lifestyle or pharmacotherapy. If necessary, further measuring of blood pressure was recommended in a pharmacy or by physician.

Conclusion: Measuring of blood pressure as a part of counselling in a pharmacy can be considered as a suitable method to identify clients with so far undiagnosed AH. Higher attention should be taken to clients without previously diagnosed AH who are also at higher age, smokers, or those with higher BMI. More detailed knowledge of patients' history, gathered during counselling, can contribute to therapy optimization, for instance, by identifying and solving drug related problems.

Keywords: Pharmaceutical care, arterial hypertension, blood pressure measurement.