Abstract

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

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Introduction: Arterial hypertension belongs to the most common diseases of cardiovascular system, not only in the Czech Republic. Therefore it is very important to focus on its prevention and early diagnostics before the stage of health complications shows up.

Objectives: The aim of this thesis was to realize and evaluate consulting activities in pharmacy focused on patients who have high risks of arterial hypertension or have been already diagnosed with it.

Methodology: Data were collected in a public pharmacy in Prague from the end of April 2013 until the beginning of April 2014. The actual blood pressure measurement was preceded by obtaining of answers to selected questions through controlled interview. Acquired statements were written into the printed forms. It was focused on participant’s socio-demographic characteristics, his relationship to the blood pressure measurement; occurrence of risk factors of arterial hypertension, it means atherosclerosis; disease in the anamnesis and the usage of drugs including food supplements. The results of blood pressure measurement and suggested interventions were written into the mentioned form as well.

Issues with drugs related to the patients with arterial hypertension in anamnesis were evaluated retrospectively and classified (according to the modified V5.01 Pharmaceutical Care Network Europe classification). Obtained data were evaluated by frequency analysis.

Results: Data were collected from 200 participants (70 % women, average age was 54 years). The value corresponding with hypertension (≥ 140 mm Hg) was measured in the case of 31 participants but only 15 of them use antihypertensives, remaining 16 participants have not been diagnosed with arterial hypertension up to now. Overweight or obesity (> 25) according to BMI values was found out at 108 participants. After the evaluation, the intervention was told to 124 participants. The most common intervention was represented by a lifestyle change that was announced to 118 participants. 36 drug related problems were identified retrospectively at 31 participants with arterial hypertension.
Discussion and conclusion: Pharmacy is a suitable place for interception of patients with risks of arterial hypertension. At the same time it is very important to have sufficiently experienced pharmacists for such consulting activities to prevent incorrect interpretations and also to evaluate drug problems. Integral part of this consulting activity is separate room and mutual cooperation between pharmacists, doctors and patients.

Key words: Pharmaceutical care, arterial hypertension, blood pressure measurement.