

ABSTRACT

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

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Introduction: Arterial hypertension is one of the most common illnesses in the Czech Republic. Not only this should be the reason for proper health education and early detection of clients endangered by this illness.

Objectives: The objective of the thesis was to perform and evaluate consultancy activities in a pharmacy focusing on clients with a risk of arterial hypertension or with already diagnosed arterial hypertension.

Methodology: Collection of data took place in a public pharmacy in Česká Lípa between 1 May 2013 and 27 June 2014. Measuring of blood pressure was a part of controlled interview with clients of the pharmacy. Following data was recorded into a form: social-demographic characteristics of the respondent, his/her attitude towards measuring blood pressure in the pharmacy, incidence of risk factors of arterial hypertension, respectively atherosclerosis and other illnesses in the anamnesis, medication including nutrition supplements, results of own measurements and proposed intervention. Measuring of blood pressure was performed in compliance with current recommendations.

United terminology was used for the purpose of this thesis. Respondent denotes a direct participant of measuring and consultancy activities. Client denotes a person visiting the pharmacy. Patient denotes a person with already diagnosed arterial hypertension.

Results: Data was gathered from 199 respondents, with majority of women (72 %), average age of the respondents was 49,4 years. In this group 68 respondents were cured for arterial hypertension. Values of blood pressure corresponding arterial hypertension (over 140/90 mm Hg) were measured at 46 respondents. From these 27 respondents were already diagnosed,

monitored and cured with arterial hypertension and 19 up to present without antihypertension therapy. 44 respondents were smokers. BMI corresponding to overweight or obesity (over 25) was discovered in 136 respondents.

In all, 43 problems related to wrongly prescribed medicines problems were detected concerning antihypertension therapy, pharmacist recommendations were provided to 77 % respondents.

Conclusion: Measuring blood pressure in pharmacies represents a suitable possibility of detecting of clients without previously not-diagnosed arterial hypertension. Appart from the offer of measuring blood pressure of patients with arterial hypertension, further possibility of engaging pharmacist into identification of potential problems related to wrongly prescribed medicines problems suggests itself. To increase effectivity of activities, it is needed to maintain standard processes, continuous work of pharmacist, cooperation with other medical workers and achieving necessary information from the patients' anamnesis.

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