

Abstract

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

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Introduction: Arterial hypertension represents a serious health problem. Despite of the fact that great attention is paid to an early diagnosis and therapy of arterial hypertension, it remains compensated insufficiently in a number of patients.

Objectives: The aim of the thesis was to analyse the possibilities of pharmaceutical care provided to patients who are at risk of arterial hypertension.

Methodology: Blood pressure was measured from the beginning of October till December 2012 in a public pharmacy in Moravská Třebová. The blood pressure was measured by a pharmacist by means of a validated and calibrated tonometer. Other data were collected from a directed interview with the pharmacy client. The data were evaluated in Microsoft Excel 2007 and processed by means of the frequency analysis. A retrospective analysis of drug problems was further performed in patients who have been using pharmacotherapy or food supplements.

Results: The data were obtained from 196 pharmacy clients (31 % of men and 69 % of women, average age 56). Blood pressure corresponding to arterial hypertension was found in 63 pharmacy clients ($\geq 140/90$ mm Hg). Forty of them were using

antihypertensive agents; arterial hypertension has not been diagnosed yet in the remaining 23 persons. The overall number of 72 drug problems related to antihypertensive agents or therapy for arterial hypertension was found. One hundred and fifty pharmacy clients received the final recommendation. The recommendations related to the lifestyle adjustments, support of therapy adherence, and drug problems consulting. Some pharmacy clients were recommended to visit their doctor, or to have their blood pressure measured repeatedly in the pharmacy.

Conclusion: Blood pressure measurement as a part of consulting activities in a pharmacy represents a suitable method for capturing clients with so far hidden arterial hypertension. However, standardization of this activity is required to obtain valid outputs. More detailed knowledge of the patient's history will then allow the client's therapy optimization, for example through the identification of potential drug problems and their solving.

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