



PHARMACEUTICAL CARE NETWORK EUROPE

Working Conference 2013 – Abstract

Collaborative pharmaceutical care in research and practice

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The above mentioned participant in the PCNE WC 2013 wishes to submit following abstract for a poster or oral communication. If accepted and presented, the abstract will be published in the International Journal of Clinical Pharmacy. Please make sure the abstract is no longer than 350 words, excl. author-details.

Title Review of Hypertension Medications in Primary care		
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Type of abstract <input type="checkbox"/> Research <input checked="" type="checkbox"/> Practice development <input type="checkbox"/> Practice implementation		
Aim of project/study All chronic diseases including hypertension, require significant life-style changes and adequate medication treatment (usually life-long). Patient's understanding of the condition and its treatment is essential in achieving blood pressure control and minimizing the risk of complications. The purpose of this study was to review the prescribing pattern of antihypertensive agents and to compare it with the recommendations in the NICE clinical guideline 127. We aimed to evaluate patients' knowledge of hypertension and their level of adherence.		
Method The study was conducted during March to May 2012. in community pharmacies in four towns in Serbia. Data collection was performed using structured questionnaire (closed question form). All patients who visited pharmacy during data collection period with a prescription for antihypertensive medication(s) for hypertension treatment were included in a study (if they had no concomitant cardiovascular disease).		
Result(s) Total number of patients who were eligible to take part in a study was 170. The mean age of the patients was 59.9 years, of which 42.3 % were males and 57.7% were		

females. Majority of patients take two antihypertensive drugs (44.7%); almost one third take three antihypertensive agents. Angiotensin converting enzyme (ACE) inhibitors are the most commonly prescribed drugs (80% of patients), followed by β blockers (59%). Small number of patients have their medications titrated up to maximum dose. 94.7% patients demonstrate adequate knowledge about complications of hypertension. Almost 90% of patients reported to have a good level of adherence. Our results show that a great number of patients take beta-blockers in therapy of hypertension, as a first or second line treatment, against recommendations in the NICE clinical guideline. We need to investigate the level of adherence in more depth. Pharmacist need to take more active role in recommending the medications in line with valid clinical guidelines. Team work with physicians is crucial in order to achieve better patient care.

+++ NB: PhD students still pay the early bird fee for their abstract if their abstract is accepted ++++