

PHARMACOEPIDEMOLOGY OF HYPERTENSION IN ST.PETERSBURG

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Objective. The aim of the present study was to estimate the spectrum of drugs used to hypertension treatment in St.Petersburg, patients' awareness of the disease and reasons for poor treatment compliance.

Design and methods. The study was conducted during the screening examination of the population of one of the city districts in St.Petersburg which was regularly observed by one outpatient clinic # 103. A total number of 196 hypertensive patients (from 23 to 76 years) were revealed who were asked to fill a special questionnaire which contained questions concerning drug treatment, its regularity, reasons for treatment discontinuation, etc.

Results. In 8 patients (4,1 %) hypertension was diagnosed for the first time. 44 (22,8%) patients which had previously established hypertension received no therapy. Among those taking medication only 57,8 % did it regularly, other 42,2 % - only during high blood pressure (BP) levels. 63,6% of treated patients were on monotherapy, to all other combination therapy was administered (from 2 to 4 drugs). Consequently, less than 25% of patients had goal BP levels (<140/90 mm Hg). 51,3% were on ACE inhibitors, 20,8% - centrally-acting drugs (reserpin including), 19,5 % - calcium antagonists (from them one half - short-acting nifedipine), 20,1% - beta-blockers, 16,9% direct vasodilators (mostly in combination), only 11,7% - thiazides and 1,3 % - furosemide. Only 51,5% were informed about the necessity of regular treatment, while 2% were sure that treatment can produce more harm than benefit. At the same time, 39,7% believed that they follow physician's recommendations, and few considered themselves fully (19,9%), or partially (40,4 %) incompliant. Among the reasons of poor compliance side effects were the leading position on 31,7% cases, expensive treatment in 23,2% of patients, poor efficacy in 14,6% of cases and other reasons in 30,5%.

Conclusions. The results obtained lead to a conclusion that disease awareness seems to be rather high while drug compliance remains very poor in St.Petersburg hypertensive population, what can be explained by lack of adequate motivation to treatment as well as its high cost. This results in poor BP control.