

**TITLE: HYPERTENSION TREATMENT AT HOSPITAL DISCHARGE**

**AUTHOR(S): J. Spinar**

**DEPARTMENT/HOSPITAL:** Cardiology Internal Dpt., University Hospital, Brno - Bohunice, Czech republic

**AIM:** To evaluate the hypertensive patient's profile hospitalized on the internal dpt. of University hospital St Ann Brno.

**PATIENTS:** We checked patients documentation, who were hospitalized in the year 2002 at our internal dpt. Of 2371 initial hospitalized patients were 1413 ( 59,6% ) affected by hypertension, 629 male, 784 female, average age  $71 \pm 13$  years, average duration of hospitalization  $11 \pm 9$  days, average BMI  $28,4 \pm 6$ . 9,1% anamnestic smokers, 19,7% overweight patients, 11,4% obese patients. Mean plasma level of total cholesterol was  $5,95 \pm 1,37$  mmol/l, HDL cholesterol  $1,23 \pm 0,38$  mmol/l, LDL cholesterol  $3,19 \pm 1,06$  mmol/l, triglycerides  $1,85 \pm 1,24$  mmol/l, urea/S  $9,8 \pm 7,3$  mmol/l, creatinine  $144 \pm 127$  umol/l, uric acid  $325 \pm 108$  umol/l, haemoglobin  $12,3 \pm 2,0$  g/dl, glycemia  $7,0 \pm 3,7$  mmol/l. The systolic blood pressure on the admission was  $151 \pm 26$  mmHg, diastolic blood pressure on the admission was  $87 \pm 14$  mmHg and heart rate  $83 \pm 20$ /min. Other comorbidities – stroke 443 pts. ( 31% ), diabetes mellitus 615 pts. ( 44% ), atrial fibrillation 269 pts. ( 19% ), ischemic heart disease 896 pts. ( 63% ), chronic heart failure 224 pts. ( 16% ).

**RESULTS:** During hospitalization systolic blood pressure decrease from  $151 \pm 26$  mmHg to  $137 \pm 19$  mmHg and diastolic blood pressure from  $87 \pm 14$  mmHg to  $79 \pm 20$  mmHg. ISH create 1/3 of all hypertension. Treatment of hypertensive patients – admission/discharge – diuretics ( 41/45% ), CAA ( 37/39% ), ARB ( 1,5/1,5% ), ACE inhibitors ( 50/55% ), beta blockers ( 36/43% ). The most prescribed ACE inhibitor was enalapril ( 31,8% ), the most prescribed beta blocker was metoprolol ( 67,5% ). 6 patients weren't affected by pharmacological therapy. Other therapy – ASA 39%, statins 18,7%, fibrates 3,8%, digitalis 21%, PAD 20%, insulin 13,4% and anticoagulative therapy 9,3%.

**CONCLUSION:** The most frequently used antihypertensive agent are ACE inhibitors – in total ( 55% ), but also in monotherapy ( 132 pts. ). The most frequently used two drug combination are ACE inhibitors + diuretics ( 114 pts. ). The most frequently used three drug combination are ACE inhibitors + diuretics + beta blockers ( 101 pts. ) and the most frequently used four drug combination are ACE inhibitors + diuretics + beta blockers + CAA ( 73 pts. ). Compensation of hypertension is difficult, 42,1% pts. had blood pressure  $> 140/90$  on the discharge.

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