

Comparison and Subjective Evaluation of Safety and Efficacy of Antihypertensive Drugs from the Group Angiotensin-Converting Enzyme and Diuretics

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Abstract

Introduction: Cardiovascular diseases are a very significant sociomedical problem in all countries of the world. Proper therapy of cardiovascular diseases, as well as their timely prevention, is one of the most important conditions for increasing life expectancy and maintaining quality of life. One of the most effective ways to achieve this goal is the timely detection and proper treatment of hypertension. Doctors note that in diseases such as stroke, coronary heart disease, including myocardial infarction, and heart and kidney failure, their level may be reduced as a result of adequate antihypertensive therapy. This is especially important for Ukraine, where the incidence of cardiovascular disease is increasing every year. Recently, along with the expansion of opportunities in the treatment of hypertension, there is enough information about the effectiveness of drugs that lower blood pressure. **Materials and Methods:** Methods such as questionnaires of patients (content analysis of case histories) were used. Data processing was performed using statistical and mathematical methods and graphical analysis. **Results:** There were some patterns of lowering blood pressure in patients on the background of monotherapy of hypertension and patients following the doctor's instructions for treatment. **Discussion and Conclusion:** As a result of the study, it was found that most patients follow the recommendations of doctors on the appointment of antihypertensive drugs.

Key words: Arterial hypertension, antihypertensive drugs, pharmacoepidemiological study

INTRODUCTION

Cardiovascular diseases are a major public health challenge, representing 10% of the global burden of disease.^[1] The annual number of deaths caused by cardiovascular disease is expected to rise by more than 33% over the coming two or three decades. Hypertension is among the most important modifiable risk factors for cardiovascular diseases.^[2] Meta-analyses of placebo-controlled trials of antihypertensive medication have shown that such treatment can prevent or postpone myocardial infarction and stroke. However, the key question remains: Which of the many available types of blood pressure lowering drugs is the better choice as first-line medication?

To study in more detail the subjective assessment of the effectiveness of antihypertensive monotherapy, the questionnaires of patients were structured. They were divided into groups

according to the drugs used by patients belonging to one or another clinical and pharmacological group: ACE inhibitors and diuretics.^[1]

The purpose of our study was to study of subjective factual and prognostic assessment of patients' effectiveness of treatment.

MATERIALS AND METHODS

The study used a questionnaire of 320 patients diagnosed with hypertension, the results of the study were processed

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