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## Study of drug utilisation pattern, medication adherence of anti-hypertensives in patients with hypertension

**Ragapriya Ch, Sudarshan and S Madhusudan**  
Annamalai University, India

Hypertension (HTN) is a chronic medical condition in which the blood pressure in the arteries is elevated. The benefit of blood pressure reduction with antihypertensive drug treatment has become increasingly evident. The management of hypertension is primarily based on the use of AHTs. The choice of drugs varies considerably among physicians and across countries and do not always indicate a rational clinical decision making. A non-invasive, observational, prospective study was conducted in medicine department of tertiary care teaching hospital (RMMCH) in rural south India for six months. Over 76 patients were enrolled in the study. Moriski 4-item medication adherence questionnaires were used to assess patient's adherence. They were counseled about their disease and lifestyle modifications. ACE Inhibitor is most commonly prescribed (44.5%) of Monotherapy followed by  $\beta$ -blocker which is the most common prescribed (16.6%). CCB (Amlodipine), Diuretic (Furosemide) and  $\beta$ -blocker (Propranolol) were the other monotherapy used in this study. ACE+ $\beta$ -blocker was the most common dual therapy prescribed (41.6%). Diuretic, CCB and  $\beta$ -blocker are the other combinations prescribed with ACE. ACE+ $\beta$ -blocker+CCB is the mostly prescribed triple combination therapy in patients with hypertension followed by ACE+ $\beta$ -blocker+Diuretic which accounts for 1 out of 2 prescriptions each. This study showed that level of adherence was increased. Our study shows that Monotherapy was the most common approach in hypertension therapy. Enalapril was the most common drug in both Monotherapy as well as other combinational therapies of hypertension. Outcome of therapy was satisfactory as 60 (78.9%) of patients got improvement in the condition.

### Biography

Ragapriya Ch is pursuing her PharmD Internship at Annamalai University Chidambaram, Tamil Nadu. She has attended a national conference RTNDD'S13 in Pondicherry. Apart from academic curriculum we are trained to do ward duties in 1400 bedded hospital which is attached to our college. We are providing clinical activities like patient counseling, taking medication history interview, provide drug information, Adverse Drug Reaction monitoring and reporting etc.

[ragapriya1491@gmail.com](mailto:ragapriya1491@gmail.com)