

3rd International Conference and Exhibition on Pharmacovigilance & Clinical Trials

October 27-29, 2014 Hyderabad International Convention Centre, India

Beta blockers: The standard care for congestive cardiac failure

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Congestive Heart failure is a progressive medical condition that can effect from any disorder that weakens the capability of the ventricle to fill with or expel blood, thus rendering the heart unable to pump blood at a rate enough to meet the metabolic difficulties of the body. Beta blockers work on heart and circulatory system, reducing BP and having other beneficial effects. The objective of the six months prospective observational study was to assess the role of beta blockers in managing congestive cardiac failure, assessment of adverse effects during the therapy, check and improve the patient compliance during the therapy. In the study, out of 134 patients 32 used beta blockers, in which 34.47% belonged to NYHA class II, and 53.12% to class III. In this study 59.3% used metoprolol, 31.2% carvedilol and 39.3% used propranolol. ADRs observed during study period were majorly hypotension, followed by bradycardia and bronchoconstriction. The mean heart rate was found to be 98.10 bpm and 82.68 bpm before and after therapy with a significant mean difference of 15.42, the mean B. P was found to be 150.84 mm of hg and 130.52 before and after therapy with a significant mean difference of 20.32. In conclusion, the prevalence of heart failure is increasing and often associated with a poor prognosis. Beta blockers are effective at decreasing the morbidity associated with congestive cardiac failure. The study show that beta blockers as standard care for CCF.

Biography

Jagadeesh Neppali is pursuing Doctor of Pharmacy (PharmD) degree in Raghavendra Institute of Pharmaceutical Education and Research (RIPER), Anantapuramu, Andhra Pradesh. He has participated and presented papers in the field of pharmacy practice in nearly 12 national and international conferences. He is a member of various professional organizations like ISPOR, IPA, ISPOR - India Andhra Pradesh chapter. He has two international publications in his credit. As a part of organizing committee organized national and international conferences on behalf of ISPOR India - Andhra Pradesh chapter. He is also a member student publication committee of RIPER PDIC bulletin, an official publication of ISPOR - India Andhra Pradesh chapter.

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