

INVESTIGATION OF ANTIHYPERTENSIVE DRUGS USED IN LIGHT HOSPITAL IN NIGERIA

Adedoyin Mary O. M., Gerasymenko O. V.

National University of Pharmacy, Kharkiv, Ukraine

adedoyinforchrist@yahoo.com

Introduction. According to statistical data, nearly every third person on our planet has Hypertension. It is the most common chronic condition for persistent taking medication. The treatment of Hypertension in Nigeria remains a difficult problem not only due to a lack of diagnostic as well as due to in compliance patient to treatment.

The aim of study was to analyze appropriateness of prescription of different antihypertensive drug in Light Hospital in Nigeria to improve medical care condition in African Patients and to ensure compliance to medication for optimum efficiency of Treatment of Hypertension.

Materials and methods. We have used as material random sampling of 61 Case History of Hypertensive Patients in Light Hospital in Nigeria. Frequency of prescription of antihypertensive agent as monotherapy and as combined treatment were studied. We analyzed how rational combinations were, and if prescriptions were consistent with international guidelines.

Results. We observed frequently prescription of the first-line antihypertensive drugs. ACE inhibitors were prescribed to 27 patient (44.26%). CCB were in 56 cases (91.80%), out of this about 50 patient (81.96%) are using amlodipine, 23 patients (37.7%) using nifedipine, 17 patient (27.87%) using both nifedipine and amlodipine. ARB were prescribed to 5 patient (8.20%). Diuretics were in 33 cases (54.09%), out of this only 1 patient (1.63%) had monotherapy by Thiazide-like diuretic, but another 32 patients (52.46%) had combination therapy of Thiazide diuretics with other antihypertensive agents. Beta-blocker were prescribed to 3 patients (4.92%). Among antihypertensive drugs not included in the guidelines, we met alpha₂-adrenergic receptor blockers in 10 patient (16.39%).

Conclusion. Nigeria, which adopts the British pharmacopoeia and method of treatment, has a little deviation in antihypertensive treatment order due to the African race and predisposition. Development of national guidelines for treatment of Hypertension could improve medical care condition in Nigeria and ensure compliance patients to antihypertensive treatment.