

ADHERENCE PATTERNS OF DOCTOR'S PRESCRIPTIONS FOR PATIENTS WITH CHRONIC HEART FAILURE ON BASE OF ARTERIAL HYPERTENSION AND CORONARY ARTERY DISEASE IN UKRAINE

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Introduction. CHF is the inevitable outcome of all cardiovascular disease first of all CAD and AH. The morbidity of CHF in the general population is only 3.1 %, but at age more than 70 years, it is above 10 %. About 60-70 % of patients die within five years after the first hospitalization. The treatment of CHF on base of CAD and AH should include first-line therapy by beta-blockers or ivabradine (in contraindication to beta-blockers), combination of ACE inhibitors or ARBs with diuretics, nitrates (for African Americans in combination with Hydralazine). Amlodipine could be reserve drug in the absolute contraindications of beta-blockers (or ivabradine). The additional treatment should include Aldosterone antagonists, CCBs of non-dihydropyridine derivate or Amiodarone, Digoxin, Aspirin, Statins, Omega-3 polyunsaturated fatty acids.

Aim. The purpose of our research was to analyze practical doctor's prescriptions for patients with CHF on base of CAD and AH.

Methods. We have studied 57 case history of patient with CHF, CAD and AH from one of therapeutic hospital in Ukraine. Doctor's prescriptions were analyzed according to modern guidelies. There are no cases of African patients.

Results. Beta-blockers were prescribed to 41 patents (71.92 %), in 2 cases (3.51 %) it was non-selective one. ACE inhibitors were prescribed to 33 patients (57.89 %), ARBs to 22 (38.60 %), diuretics to 20 (35.09 %), nitrates to 6 (10.53 %), Hydralasin to no one. CCBs of dihydropyridine derivate were in 5 case history (8.77 %), 3 of them (5.26 %) Amlodipine and 2 (3.51 %) Nifedipine. CCBs of non-dihydropyridine derivate (Verapamil) were met in 2 cases (3.51 %). Cardiac glycoside have received 5 patients (8.77 %), 3 of them (5.26 %) digoxin, and rest sol. Corgliconi. Acetyl salicylic acid were prescribed to 40 patients (70.17 %), Statins only to 2 persons (3.51 %). Ivabradine, Amiodaron, Omega-3 polyunsaturated fatty acids doctors have not prescribed. Patients have received 5.83 ± 1.02 drugs for treatment of CHF in average. But, there were metabolic, sedative, other drugs in case history, that were increased the number of prescriptions till 10.10 ± 2.16 .

Conclusions. The therapy of particular patient with CHF on base of CAD and AH should minimizing the amount of prescription drugs through the correct use of clinical pharmacological aspects of active ingredients, avoiding prescription drugs that are contraindicated in this case.