

FIRST AID AND PHARMACOTHERAPY OF HYPERTENSIVE CRISIS

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Hypertensive crisis is a clinical syndrome of sudden uncontrolled rise in blood pressure, leading to progressive dysfunction of target organs or a real risk of its development, as well as to the appearance of neurovegetative disorders. Under these conditions, blood pressure must be reduced by more aggressive course of a few minutes to several hours. On January 1, 2011 in Ukraine there are more than 12 million. Hypertensive patients, accounting for about 32% of the adult population. According to information of Medscape due to the appearance antihypertensive agents, the incidence of hypertensive crises decreased from 7% to about 1% of patients with arterial hypertension. In addition, the survival rate for 1 year increased by more than 90%.

The main activities of first aid are the following: it is necessary to put the patient in a comfortable position with the head slightly raised and lowered feet; to measure blood pressure. Call to local emergency department. Provide a complete psychological comfort, do not allow the patient to move independently to reduce the load on the myocardium. Find a medication that the patient takes before, find previous patient's ECG and show HCP team ambulance. All patients with suspected hypertensive crisis, regardless of gender, age and other factors to be urgent hospitalization. Transportation carried out on a stretcher after stabilization of the patient.

List of drugs that are recommended for the relief of hypertensive crises are somewhat different in the European and Ukrainian guidelines.

Comparative recommendations for relief of hypertensive crises according to the European and Ukrainian guidelines.

Group of medications	Medication (European guidelines)	Medication (Ukrainian guidelines)
Vasodilators	Sodium nitroprusside, hydralazine, itroglycerine	Nitroglycerine
B-blokera	Labetalol, esmolol	Propranolol
Calcium channel blockers	Klevidipin, nicardipine	Nifedipine
ACE inhibitors	Enalaprilat	Captopril

Thus, we see that the European guidelines recommended the use parenteral forms of drugs with rapid onset of action and a short half-life.