

Audit of current pattern of practice in prescribing medications for hypertensive patients in Sri Lanka

U. Ralapanawa^{1*}, M. Bandara¹, S. Tennakoon², N. Wickramasurendra¹, R. Bandara¹ and T. Jayalath¹

¹*Department of Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka,*

²*Department of Community Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka*

**udayaralapanawa@yahoo.com*

Antihypertensives cost a major fraction of our health budget as hypertension is one of the most prevalent chronic illnesses and therefore it is important to enquire about the current pattern of starting and continuation of antihypertensive to optimize the disease control and health economy. The objective of this study conducted at the Teaching Hospital Peradeniya involving 371 chronic hypertensive patients followed up in hypertension clinic and medical wards was to provide an audit to current pattern of practice of prescribing of drugs to hypertensive patients. Data was collected using an interviewer administered questionnaire with the help of patients' clinical records.

Details about initially started drugs were available only with 247 patients and among them 55.87% had been started on Angiotensin Converting Enzyme Inhibitors (ACEI) or Angiotensin Receptor Blockers (ARBs) while Diuretics were used in 20.24% and Calcium Channel Blockers in 12.95%. 8% and 2.8% were started on Beta Blockers and Alpha Blockers respectively. 87% of 371 patients were currently on ACEI or ARBs, 41% were on Diuretics, 30.77% were on Calcium Channel Blockers and 7.54% on Alpha Blockers. 45.28% were currently on dual therapy, 28.03% and 19.13% were on single drug and 3 drugs respectively while 2.96% were on 4 drugs. 4.5% were not on any drugs. 71.15% had controlled systolic blood pressure i.e. <140 mmHg while 86.79% had controlled diastolic blood pressure i.e. <90 mmHg at the time of interview.

In conclusion ACEI and ARBs are the most widely used antihypertensives and most of the patients have controlled blood pressure with the use of multiple drugs.