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**THE STRUCTURE OF PRESCRIPTIONS OF ANTIHYPERTENSIVE DRUGS
AMONG THE PHARMACY VISITORS IN GRODNO**

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Actuality. Arterial hypertension (AH) is a significant risk factor of the cardiovascular morbidity and mortality. AH contributes to development of such complications as stroke, myocardial infarction, congestive heart failure, end stage renal disease. According to the guidelines to the treatment of AH there are 5 the most important classes of the antihypertensive drugs: ACE inhibitors (ACEi), angiotensin receptor blockers (ARB), diuretics (Diu), calcium channel blockers (CCB) and beta-adrenergic receptor blockers (BARB). These drugs should be used constantly, in most cases combinations of 2 – 3 drugs are required for the stable control of the blood pressure. Now the fixed-dose combinations of antihypertensive drugs are widely used to improve compliance of patients.

The aim of the work: is to assess the compliance of the structure of prescriptions of antihypertensive drugs in Grodno with national and international guidelines for the treatment of AH.

Materials and methods. We prepare questionnaires for visitors of pharmacies in Grodno who purchased antihypertensive drugs. These questionnaires contain questions about drugs that are used by these persons and about some factors that may influence antihypertensive therapy. Calculations were performed using the программы Microsoft Excel 2010 and Statistika10.

Results. A total of 109 pharmacy visitors with AH were interviewed. Among these persons 46 (42,2%) received a monotherapy, 45 (41,3%) used two antihypertensive drugs, 12 (11,0%) and 4 (3,7%) were treated by three and four drugs, respectively. 22 (20,2%) of the interviewed patients used fixed-dose combinations. Among the major classes of antihypertensive drugs ACEi were used the most frequently – in 71 (65,1%) cases; among them lisinopril and enalapril were the most commonly used drugs (31,2% and 18,3%, respectively). Representatives of other classes of antihypertensive drugs were prescribed with next frequencies: Diu – 29,4%, CCB – 28,4%, ARB – 22,9%, BARB – 21,1%. 80,7% of the pharmacy visitors used the antihypertensive drugs regularly.

Conclusion. In most cases, prescribing of antihypertensive drugs in Grodno corresponds to the national and international guidelines for the treatment of AH. But there are some disadvantages: 1) high frequency of the monotherapy; 2) relatively rare use of the fixed-dose combinations; 3) low frequency of prescribing of such effective and safe group of antihypertensive drugs as angiotensin receptor blockers.