

# EFFECTIVENESS OF ANGIOTENSIN RECEPTOR BLOCKER IN HOSPITALISED PATIENTS



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## Background:

Seven angiotensin receptor blocker(ARB) have been marketed, making it a therapeutic group capable of therapeutic exchange at the hospital. Losartan, irbesartan, candesartan and valsartan are available in the Hospital's Pharmacotherapeutic Guide(HPG) of our center. Losartan is the ARB of choice for therapeutic exchanges based on efficiency criteria.

## Purpose:

The aim of this study is to analyze the effectiveness of ARB in hospitalized patients as a function of the ARB prescribed at admission.

## Material and methods:

A cross-sectional study was conducted in september 2017. All patients admitted to units with pharmaceutical validation were selected for treatment with any ARB available in the HPG and retrospectively, ARB home prescriptions were assessed, at admission, systolic blood pressure(SBP) and diastolic blood pressure(DBP) throughout the stay if it was <10 days or for a maximum of ten days if it was higher and prescribed diet. It was defined as hypertension if SBP>139 if the age was<80 years or>149 if the age>80 years and/or if DBP>89. It was defined as hypotension if SBP<90 and/or if the DSP<60.

## Results:

We selected 48 patients, 18% of all patients admitted. 8 patients had no ARB prescribed at home. 20%(n = 8) were>80 years. 10%(n = 4) were diagnosed on entry of cardiovascular and ischemic pathologies. The median stay was 12.5 ± 13.5 days. The diet was 67% unsalted. A mean of blood pressure records was obtained of 14.5±7.4 (2/patient/day). The efficacy data are shown in the following table:

	Records with HyperSBP		Records with HypoSBP		Records with HyperDBP		Records with HypoDBP	
	>10%	>50%	>10%	>50%	>10%	>50%	>10%	>50%
Maintenance home treatment (n=22,55%)	86	0	0	0	59	9	9	0
Therapeutic exchange (n=9,22.5%)	78	33	11	0	44	0	22	0
Modification of treatment by doctor (n=9,22,5%)	67	0	11	0	11	0	56	2 2

## CONCLUSIONS

The most frequent alteration was hyperSBP. In the group of patients that maintained the same treatment prior to admission, there was a tendency to hyperSBP and hyperDBP, whereas hypotension was more frequent in the group where treatment was modified. These data suggest that therapeutic exchanges have no impact on the effectiveness of ARB.