Effectiveness of therapeutic interchange programmes for Angiotensin Receptor Blockers in the hospital setting

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BACKGROUND
During hospital admission, therapeutic interchange (TI) is performed on patients in treatment with an Angiotensin Receptor Blockers (ARBs) different from Losartan, which are not included in the Pharmacotherapeutic Formulary. After TI, control of blood pressure (BP) should be stable.

OBJECTIVES
To evaluate the effectiveness of the TI of ARBs during the hospital stay, comparing the number of hypertensive patients with controlled blood pressure before and after TI.

MATERIALS AND METHODS
Study design: Observational prospective cohort study.

RESULTS

<table>
<thead>
<tr>
<th>Variable</th>
<th>Exposed</th>
<th>Unexposed</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nº patients</td>
<td>39</td>
<td>15</td>
<td>39</td>
</tr>
<tr>
<td>Sex (%female)</td>
<td>67</td>
<td>60</td>
<td>65</td>
</tr>
<tr>
<td>Age (years)</td>
<td>76.5</td>
<td>69.5</td>
<td>74.6 ±10.9</td>
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<tr>
<td>Diagnostic</td>
<td>53% cardiac or respiratory pathology</td>
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</tbody>
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Blood pressure control in hospital stay

Exposed group

- 4 patients control BP before admission

- No 31%
- Yes 69%

Unexposed group

- 5 patients no control BP before admission
- No 47%
- Yes 53%

DISCUSSION
The main diagnosis or the lack of effectiveness could be the reason why patients who had adequate BP control at home did not achieve it during admission. Limitation: The average stay is lower in the exposed group, but it is not known if some external factor could have influenced.

CONCLUSION
Therapeutic interchange has proved to be effective as it does not lead to a worsening of blood pressure control over previous treatment. The majority of patients with TI controlled blood pressure during hospital admission.

ACKNOWLEDGMENTS
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