



Service Priorities and Programmes
Electronic Presentations

Convention ID: 1031

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A retrospective drug use evaluation on selected oral immunosuppressants in a local acute hospital; the prevalence of treatment goals attainment in blood pressure (BP), blood glucose (BG) and lipid pan

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Keywords:

Immunosuppressants

Renal transplantation

Drug use evaluation

Blood pressure

Blood glucose

Blood glucose

Introduction

The range of oral agents for immunosuppression for various indications has expanded and their prescribing patterns have changed over the past decade. These agents carry different adverse effect profiles of which the prevalences have not been often reported previously in the local population. Post-RT patients are at a higher risk of cardiovascular diseases than non-RT ones. Cardiovascular risk factors, e.g. hypertension (HTN), diabetes mellitus (DM), dyslipidemia, are commonly not under good control in overseas post-RT patients. However, recent relevant local epidemiological data on the prevalence of poor control in these cardiovascular parameters and their associated risk factors are lacking.

Objectives

This study aims at evaluating recent drug use patterns in patients taking selected oral immunosuppressants; and the degree of goal attainment and drug burden associated with blood pressure, blood glucose and lipids (LDL & TG) in a group of high CVD risk patients taking oral immunosuppressants during the high CVD risk period 1 year post renal transplantation.

Methodology

A retrospective Drug Use Evaluation (DUE) was performed on selected immunosuppressants prescribed at PMH. Patient demographics, prescribing patterns, side effect profiles, etc were collected and analyzed. Prevalence of goal non-attainment and related drug burden of BP, BG and Lipid 1 year post-RT were also estimated and risk factors associated with BP goal non-attainment 1 year post-RT were investigated using step-wise univariate tests and multivariate logistic regression.

Result

A total of 295 subjects were reviewed for DUE and 179 subjects were analyzed for BP,

BG, lipid goal attainment. Problems of medication non-adherence (prevalence at 4-22%), polypharmacy (prevalence at 70-100%), poor control of LDL (goal attainment rate at 30%) and BP (goal attainment rate at 48%) are common in the studied population. "Age at time of RT" and "SBP goal attainment at 3-month post-RT" were identified to be statistically significant risk factors for BP goal attainment 1 year post-RT, with adjusted odds ratios of 0.968 (P=0.014) and 2.563 (P=0.003) respectively.