



Original article

Clinical and Economic Aspects of Antihypertensive Therapy for Hypertension

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ABSTRACT

Hypertension has become a significant social disease of our society, causing multibillion-dollar economic losses due to rising costs of treatment and rehabilitation of patients, increasing periods of temporary disability, increasing disability and mortality of the population. The costs of treating cardiovascular diseases place a heavy burden even on economically developed countries. The limited financial resources of the healthcare system, along with a significant increase in the number of new expensive medical technologies and drugs leading to increased costs of medical services, dictate the need for a strictly justified approach to the scope of examination of patients and the choice of drug therapy. The WHO launched a program for Selecting 500 interventions with maximum effectiveness, quality and price. Reducing costs for both the healthcare system and individual patients is possible only by making the most optimal management decisions based on clinical, economic and pharmaco-economic studies aimed at identifying diagnostic and treatment methods that provide the most significant clinical effect per unit of cost. Recognition of the importance of this type of research and the need to unify the requirements for their conduct was the development of industry standard. Currently, only a few domestic studies have been conducted to study the pharmaco-economic aspects of the treatment of hypertension. At the same time, there are no studies of the medium-term and long-term economic effect of antihypertensive therapy; the clinical and economic feasibility of 24-hour blood pressure monitoring (ABPM) requires assessment. The purpose of the study is to study ways to reduce the costs of drug antihypertensive therapy and develop an algorithm for the management of patients with hypertension, taking into account clinical and economic effectiveness.

Keywords: *Hypertension, Management, Antihypertensive, Effectiveness, Cost.*

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Volume10 Issue 2, April-June, 2024