ASPIRIN THERAPY AS PRIMARY PREVENTION IN HYPERTENSIVE PATIENTS
AT SRINAGARIND HOSPITAL

Akkapot Thongmee, Jakwida Kosakan, Thanabat Chernrungroj, Pratyia Pradit, Patsathorn Naranan,
Sarunyaporn Panyamee
Fifth year medical students

ABSTRACT

BACKGROUND:
Cardiovascular disease is a major public health problem. Currently, more than 30,000 per 100,000 death each
year (1,2). These burdens are an important part of the enormous cost of the disease and permanent worst quality of these
patients’ life. Hypertension is one of the most common causes. Many studies (5,8,12,13) show the benefit of using aspirin
to reduce the prevalence of cardiovascular complication due to Hypertension. The WHO and 2003ESH/ECC Guideline
(11) also recommends using antiplatelet in the high or very high cardiovascular risk in hypertensive patients at the age
of 50 years or older.

OBJECTIVE:
To identify the prevalence of Aspirin therapy for primary prevention.

METHOD:
We conducted a cross-sectional descriptive study of 231 hypertensive patients at the age of 50 years or older,
who has been being followed up at OPD of Srinagarind Hospital in October 2003 - October 2004. Each OPD card was
carefully reviewed such a demographic data, BP, Risk factors, using aspirin and their received antihypertensive drugs
etc. The statistical analyses were performed with the use of the SPSS/PC software package (version 11.0, SPSS) to
calculate the frequency, percentage and mean.

RESULTS: From 231 patients, there’re 89 males (36.8%) and 142 females (61.4%). The mean ages was 64.4 years,
met the criteria for using Aspirin for primary 164, only 31 (18.9%) whom received this therapy and the highest ratio
was in diabetic patients (24.1%) as compared with whom received by means of Target organ damage (17.7%) or
two or more of Cardiovascular risk (15.4%).

From interviewing five doctors, we not only found who do not know this guideline but also who use this
therapy. Yet, they do not sure about the guideline’s details.

CONCLUSION:
There was only small amount of using Aspirin for primary prevention in Hypertensive patients at Srinagarind
Hospital and most doctors do not sure about the details of guidelines.