

## ANTIHYPERTENSIVE DRUG USE AFTER THE INTRODUCTION OF FAMILY MEDICINE IN BOSNIA AND HERZEGOVINA

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**Aims:** The primary objective of this study was to compare prescription habits for antihypertensive drugs before and after Family Medicine was introduced in Bosnia and Herzegovina (BiH) through the Queen's University Family Medicine Development Program in the Balkans Region, Canada. We further set out to compare these results with the most recent clinical practice guidelines for the treatment of hypertension.

**Methods:** This descriptive study randomly surveyed patients older than 45 and who had hypertension for more than three years. Data collection took place in Obilićevo clinic in Banja Luka, BiH. The questionnaire was first distributed to patients in August/September 2000 before family medicine was introduced in Banja Luka, and then again in March/April 2002 after family medicine was introduced. In 2000, 231 patients completed the questionnaire, while 152 completed it in 2002.

**Results:** Two years after the introduction of family medicine in BiH, prescription habits for antihypertensive drugs changed significantly. Use of ACE inhibitors increased from 51.5% to 72.3%, use of beta-blockers rose from 7.7% to 11.8%, and use of calcium channel-blockers also went up from 17.3% to 28.9%. Combined reserpine and diuretics decreased from 13.8% to 4.6% and methyldopa usage fell from 5.6% to 1.9%. No one in the Obilićevo clinic used thiazides as monotherapy, but some patients used it in addition to other antihypertensive medications.

**Conclusion:** Use of antihypertensive drugs has changed significantly since the introduction of Family Medicine in BiH. Clinical practice guidelines for hypertension are now being adhered to more closely.