

## How Well Heart Failure Patients Understand and Adhere To Their Medications - A Review Study at General Hospital Setting.

**Background:** Heart Failure (HF) is a common medical condition and an important public health issue. This carries with it high mortality and frequent hospitalization. Despite a number of evidence based medications being available, the utilization are not always satisfactory.

**Objective:** We conducted a study to explore patients' understanding and adherence to Heart Failure (HF) medications at a general hospital setting.

**Materials and Methods:** We prospectively studied from January 2015 till December 2016, 196 patients (outpatients plus inpatients) of HF at our hospital. The information was gathered by oral interview as well as using questionnaire.

**Results:** 15% of patients stopped or reduced the dose of diuretics on their own as were thought to interfere in their life style. 36% patients believed that ACE Inhibitors or ARBs were for blood pressure and therefore they had either stopped or were intending to stop. 43% patients were not keen on taking beta-blocker because of fear of various side effects. 54% of the patients reported that they were not informed by the prescribing physician regarding the purpose and benefits of up titrating the dose of these medication. Patients were ignorant of the role of different HF medications. None of the patients who were on Ivabradine knew the role of the drug in HF but at the same time were not informed of any known side effects.

**Conclusion:** Inadequate understanding and poor adherence to medications is a common problem among heart failure (HF) patients. as shown in our study. Inadequate adherence leads to increased HF de-compensation, reduced exercise tolerance, poor quality of life and higher risk for hospital admission and death.

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### Biography

Syed Raza graduated from Aligarh University in India in 1993. After completing his postgraduate degree in Medicine from the same university, he moved to the UK for higher specialist studies. He successfully completed MRCP and CCT and later also awarded Fellow of the Royal College of Physicians of Edinburgh. He was awarded professor John Goodwin prize for outstanding performance in Diploma Cardiology exam at Hammersmith Hospital, University of London in 2001. Dr Raza is Fellow of American College of Cardiology, American College of Chest Physicians as well as Fellow of European Society of Cardiology. He is also on the committee of Acute Cardiovascular Care. Heart Failure and Cardiovascular Imaging( European Society of Cardiology)