



## Antihypertensive Treatment Among Inpatients with Hypertension at Anhui Provincial Hospital in China: a Cross-Sectional Study

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**SUMMARY.** The aim of this study was to assess the prescribing pattern of antihypertensive treatment among inpatients with uncomplicated and complicated hypertension at Anhui Provincial Hospital (First Class Public Hospital) in the central region of China in accordance with the recommendations of current international guidelines. A retrospective cross-sectional study was performed from 1 January to 31 December, 2009. A total of 2010 hypertensive inpatients were included. Among 683 inpatients receiving monotherapy, calcium channel blockers (CCBs) were the most frequently drugs used in uncomplicated hypertensive patients (57.41 %) and those with stroke (61.73 %). Beta-blockers (BBs) (27.90 %) and angiotensin-converting enzyme inhibitors (ACEIs, 26.17 %) were the preferred agents in hypertensive patients with coronary heart disease (CHD). Among 1327 inpatients with combination therapy, two-drug regimen was the most popular, except for the hypertensive patients with stroke. The pattern of antihypertensive utilization appears to be partly in accordance with the recommendations of international guidelines. There was a tendency to use CCBs in hypertensive patients with stroke, whereas BBs and ACEI were the most prescribed in those with CHD.

**KEY WORDS:** Antihypertensive, Chinese, Hypertension, Inpatient, Prescribing patterns.

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