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The effectiveness of Telma-H with Amlodipine drug in the treatment of essential hypertension at the Copperbelt University community

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Hypertension is described as the persistent increase in blood pressure (BP) above 120/80 mmHg. With the introduction of newer medicines such as TELMA-H (Telmisartan+hydrochlorothiazide) as well as Amlodipine, many patients used to take other antihypertensive drugs for the management of hypertension which proved to be not bearing positive results to some patients. TELMA-H+Amlodipine drug was suggested to be introduced to some of the hypertensive patients whose responses to other antihypertensive were not good. A study was done to assess its effectiveness at the Copperbelt University health facility. A total of 35 male and female clients with unstable BP as well as those not responding well on other antihypertensive drugs were enrolled on the study. The patient's drug regiments were changed upon their review dates. A register was then opened for all the clients enrolled. The information captured on the register included names of clients, their current BP, their previous drug regiments and the dates the therapy changed. The treatment were administered once daily for 2 months. A follow-up was made to all patients weekly starting from 1 to 8. Every week there BP were monitored and measured. Reduced BP was observed to the desired levels. The systolic and diastolic blood pressure reduction were identified in all the clients than to those whom we did not change the therapy. The reduction in BP improved the quality life. Treatment of hypertension using TELMA-H+Amlodipine was proved to be effective in the management of hypertension.

Biography

Kaselekela Ponshano has completed his Advanced Diploma in Pharmacy from Evelyn Hone College, Zambia and advanced studies in the rational management of medicines from Swiss Tropical Institute, Switzerland. He is the Coordinator for Pharmacovigilance in the Northern Region of Zambia. He has published more than 2 papers in reputed journals and has served as the Secretary for the Copperbelt University Senior Administrative Staff Association (CUSASA). He is currently the Senior Pharmacy Technologist at the Copperbelt University.

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