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Prescription pattern of RAS blockade in Korean hypertensive patients with proteinuria

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Background: In hypertensive patients with proteinuria, renin-angiotensin system (RAS) blockade would be beneficial for controlling both blood pressure and proteinuria. We aimed to evaluate prescription pattern of RAS blockade in Korean hypertensive patients with proteinuria.

Methods: We used the National Health Insurance Service-National Sample Cohort (NHIS-NSC) Database for the analysis. It included randomly selected one million individuals in the National Health Insurance Database, which comprised 2.2% of the total eligible Korean population in 2002, and they were followed until 2013. We selected subjects with 2+ or more of proteinuria in the health examination. Among those, we identified hypertensive patients for whom antihypertensive medication was prescribed at least once in the year.

Results: The proportion of patients for whom any angiotensin II receptor blocker was prescribed was 18.7%, and it annually increased to 68.3% in 2013. However, the proportion of patients taking an angiotensin converting enzyme inhibitor was gradually decreased from 27.8% in 2003 to 6.6% in 2013. In addition, prescription pattern of aspirin and statin was also increased from 15.3% to 31.4% and from 15.3% to 38.7% during the same period, respectively.

Conclusion: Overall proportion of prescription of RAS blockade in Korean hypertensive patients with proteinuria was significantly increased from 2002 to 2013. In addition, drugs for the reduction in cardiovascular risk such as aspirin and statin have also been prescribed more frequently nowadays compared to the past. Investigation for effects of changes in prescription pattern on clinical outcomes is now under way.

Keywords: hypertension, prescription, proteinuria, RAS blockade