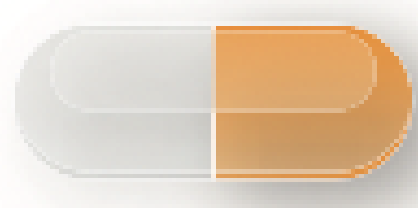


Felix Götzinger¹, Marita Kieble², Ulrich Laufs³, Felix Mahfoud¹, Martin Schulz^{2,4}

1. Saarland University Hospital, Saarland University, Homburg, Germany
2. German Institute for Drug Use Evaluation (DAPI), Berlin, Germany
3. University Hospital Leipzig, University of Leipzig, Leipzig, Germany
4. Institute of Pharmacy, Freie Universität Berlin, Berlin, Germany

Background and Aim

1 pill



Guidelines	Text	Class + Level
2018 ESC/ESH Hypertension	Initiate an antihypertensive treatment with a two-drug combination, preferably as a single pill (fixed-dose) combination (SPC)	I B
2021 ESC CV Prevention	Initiate an antihypertensive treatment with a two-drug combination, preferably as an SPC	I B
2023 ESH Hypertension	The use of SPC should be preferred at any treatment step	I B

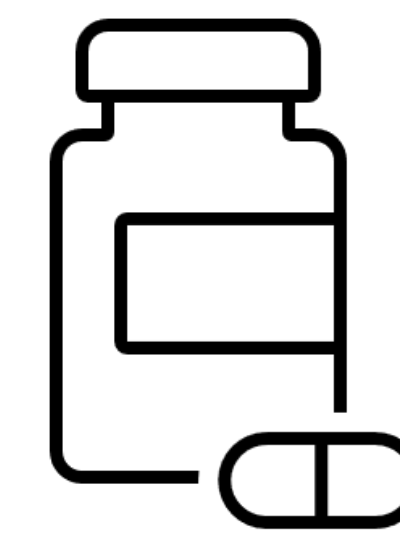
AIM: To evaluate dispensing trends for antihypertensive fixed-dose combinations (AHT-FDC) in Germany from 2016–2023

Methods



Claims data of community pharmacies representing ~87% of the German population

Assessment of AHT-FDC



One pill containing ≥ 2 AHT

Results

Increase of overall AHT prescribing but declining rate of AHT-FDC

	2016	2023
All AHT*	143.8	156.1 ↑
AHT-FDC*	22.2	15.1 ↓
% FDC on all AHT	15.4	9.7 ↓

* in million packages per year

AHT-FDC infrequently prescribed for the elderly

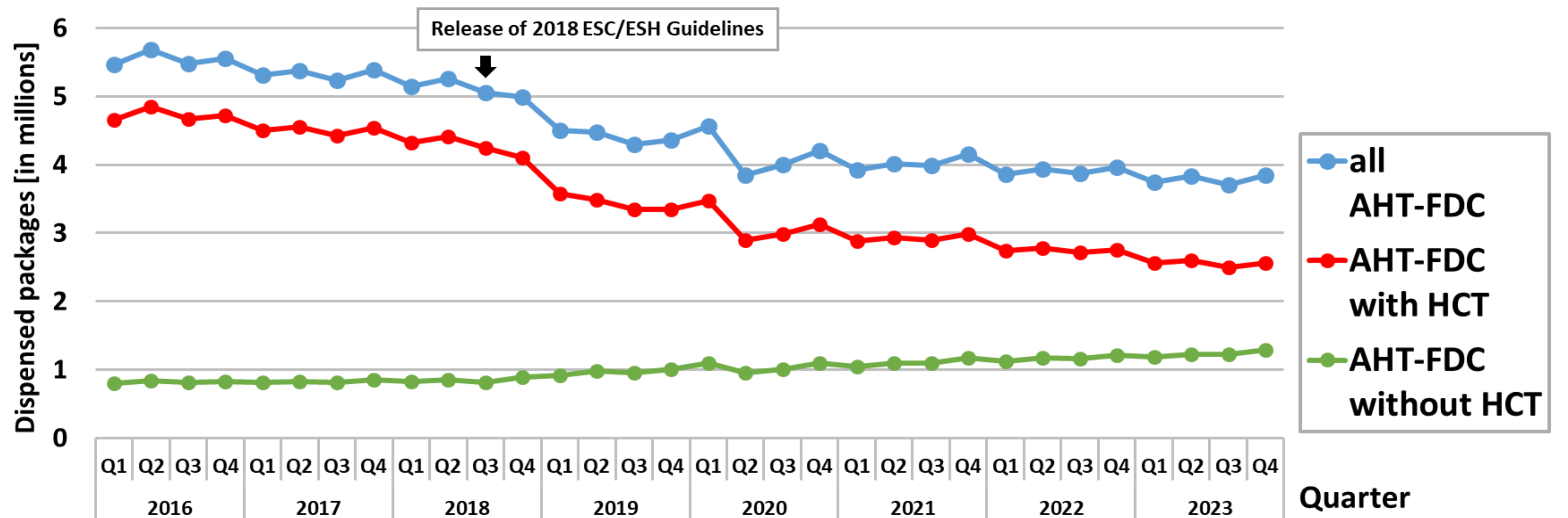


AHT-FDC by age group in 2023:
 ≥ 80 yrs 7.2%
 < 80 yrs 10.8%

Time trend of AHT-FDC prescribing

AHT-FDC	Trend
All AHT-FDC	- 32% ↓
- with HCT	- 46% ↓
- without HCT	+ 50% ↑

HCT, hydrochlorothiazide



Strengths and limitations

Strengths

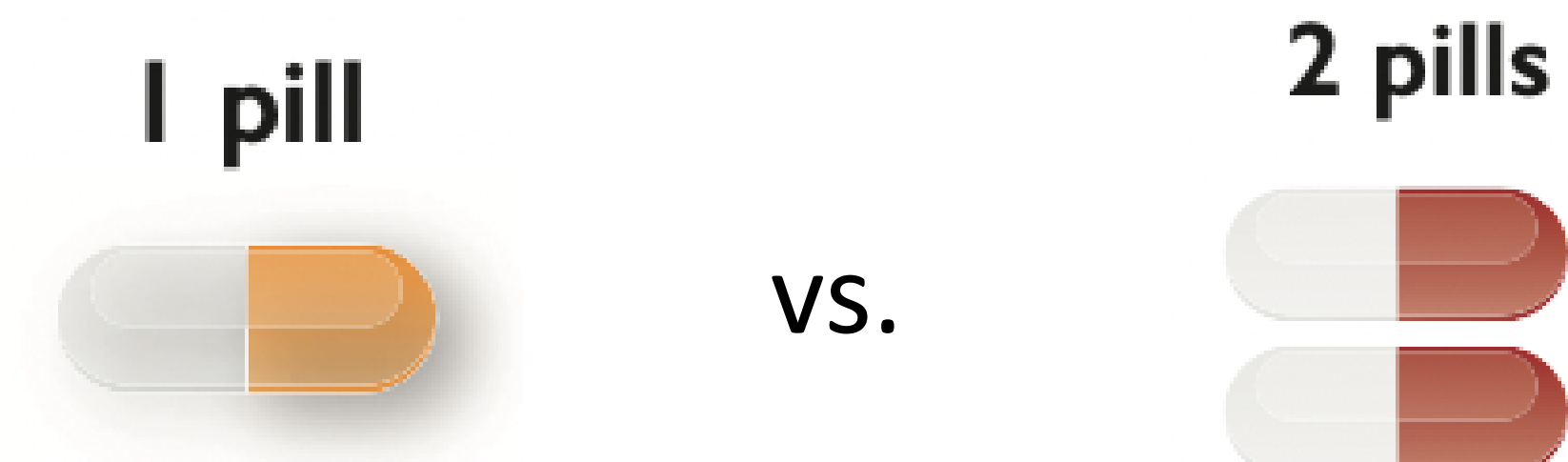
Nationwide dispensing/claims data from ~87% of the German population

Limitations

Missing information on ...
 - Medical conditions
 - Pill burden
 - Actual blood pressure
 - Outcomes

Potential reasons for infrequent prescribing

- Fear of non-melanoma skin cancer (true risk unknown)
- Higher cost (not consistently true)
- Difficulties in dosing (can be solved)



Conclusions

- Despite guideline recommendations, AHT-FDC are infrequently prescribed and the trend is negative
- Whenever feasible, pill burden should be reduced to improve adherence and outcomes, preferably by using AHT-FDC
- Elderly patients should be treated with AHT-FDC in particular, to lower polypharmacy and improve quality of life