

## The Use or Abuse Sublingual Nitrate Tablets in Clinical Practice

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### AIM

The sublingual nitrate tablets are widely used in the treatment of angina pectoris. The aim of our study was the investigation of the prescription for and the use and the abuse of the sublingual tablets by coronary patients.

### MATERIAL AND METHODS

We study 93 successively coronary patients of both sexes consisting of 60 men and 33 women whose average age was  $57 \pm 9,9$  years and who were admitted to the cardiological clinic. The patients answered a specific questionnaire and were accordingly divided into 4 groups. Group A included patients who had angina pectoris and who took sublingual tablets. Group B included patients who had angina pectoris, but who didn't take the sublingual tablets. Group C included patients who had chest pain and who took the sublingual tablets. Group D included patients who had symptoms other than chest pain and who took the sublingual tablets.

### RESULTS

In the first group there were 46 patients, making a total of 49,4%. In the group B there were 25 patients, making a total of 26,8%. In the group C there were 41 patients, making a total of 44,08%. In the group D there were 7 patients, making a total of 7,5%. The rest of the patient of group A didn't take the sublingual tablets either because they hadn't been prescribed them by their doctor or because hadn't been informed that they should take them. The patients in group B expected the pain would go away by itself and simply rested or refused to accept the fact that they had a heart disease. In group C fear and panic were the main reasons for taking the sublingual tablets. In-group D they couldn't interpret the cause of the symptoms or they affected by their family.

### CONCLUSION

Many patients did not take the sublingual nitrate tablets while they have angina pectoris or they take them for no good reason. The main reasons were either doctor not prescribing the tablets, inadequate health care, fear or panic or the influence of their family.