

# Natural Health Product Use Among Patients in Cardiac Clinics



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## Background

- Approximately 71% of Canadians use Natural Health Products (NHP)
- 12% of Canadians who use NHP have experienced an adverse event
- Minimal information is known about NHP safety, efficacy, and cost-effectiveness
- The American Heart Association does not recommend NHP use in cardiovascular patients

## Objectives

- To **describe NHP use** among patients at the RCH Cardiac Clinics
- To **assess drug interactions** between NHP and patients' cardiac medications
- To **determine documentation** of NHP use by healthcare providers

## Methods

- Quality improvement initiative
- Telephone interview performed using randomly selected patients who attended Cardiac Clinics between July 2016 – July 2018
- Goal sample size: 100 patients

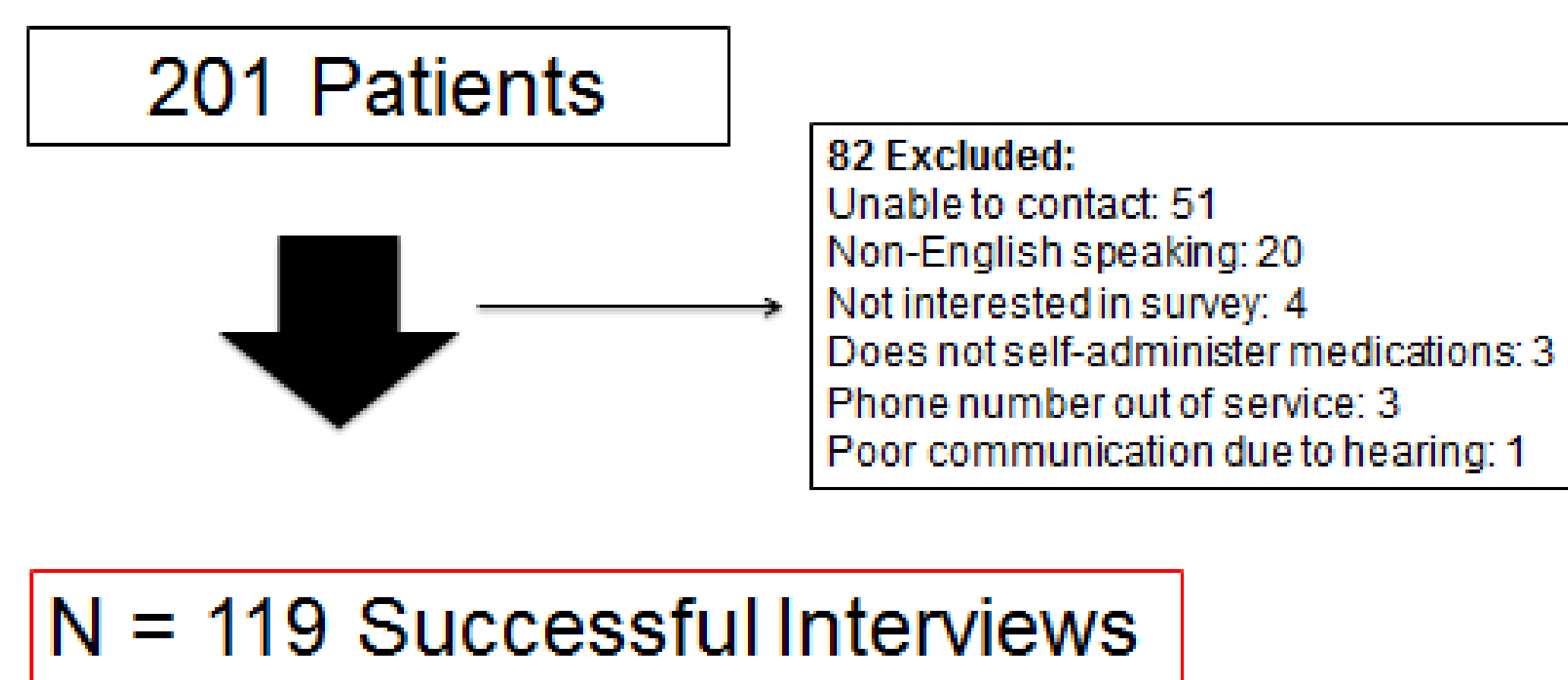


Table 1: Patient Demographics

	Patients using NHP (N=74)	Patients using no NHP (N=45)
Avg. age	66	63
Male (%)	61	82
Atrial Fibrillation (%)	54	69
Heart Failure (%)	42	29
Avg. number of cardiac drugs	3.9	3.6

## Results

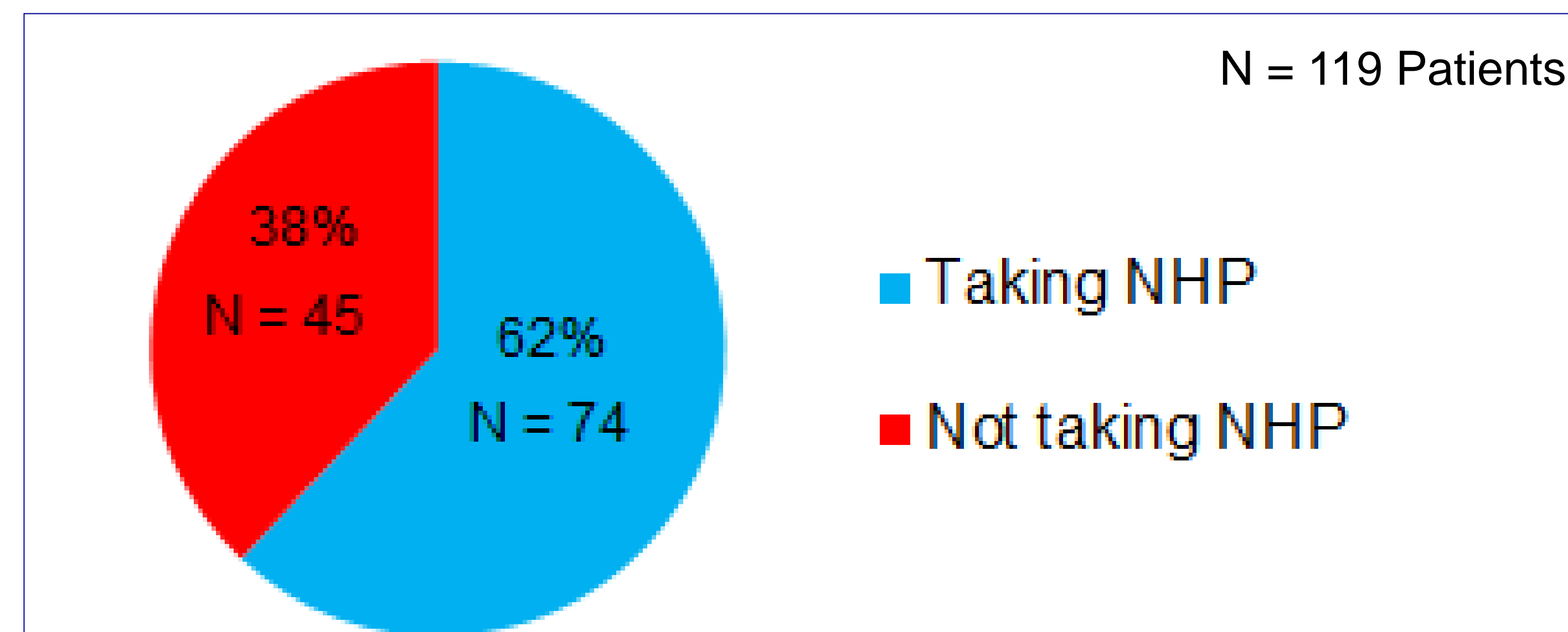


Figure 1: NHP Use

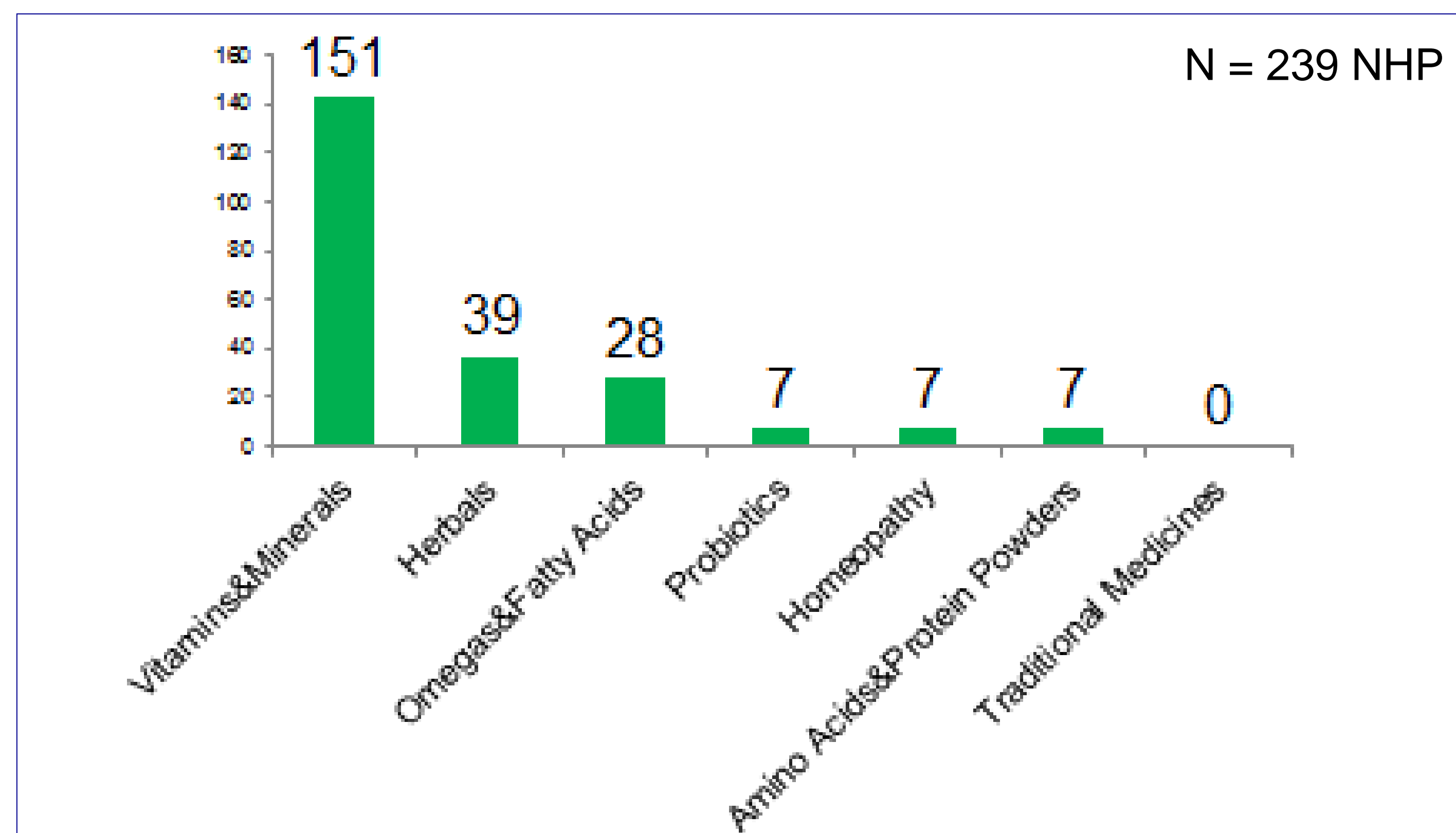


Figure 2: NHP Type

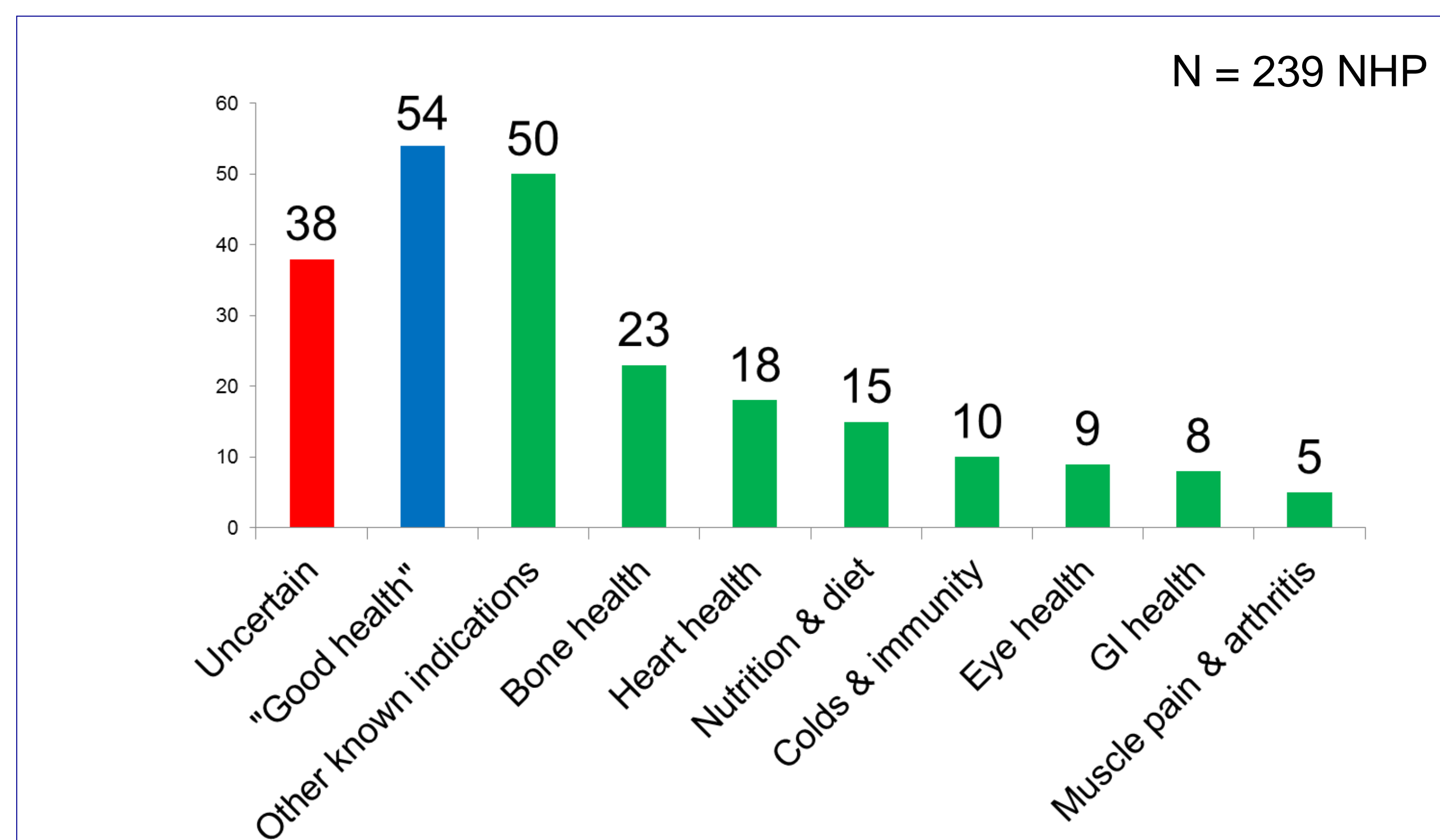


Figure 3: NHP Indications

## Interactions

- At least one drug interaction with a NHP exists in 84% of patients using NHP
- Drug interactions identified by **Lexicomp** were grouped based on risk levels as follow:

B: No Action Needed	C: Monitor Therapy	D: Consider Therapy Modification
10%	82%	8%

- No interactions were risked higher than *Moderate: Be Cautious* or *Minor: Be Watchful* on **Natural Medicines**
- Most common potential implications of interactions were increased bleed risk, decreased efficacy of anticoagulants, and increased risk of hypotension

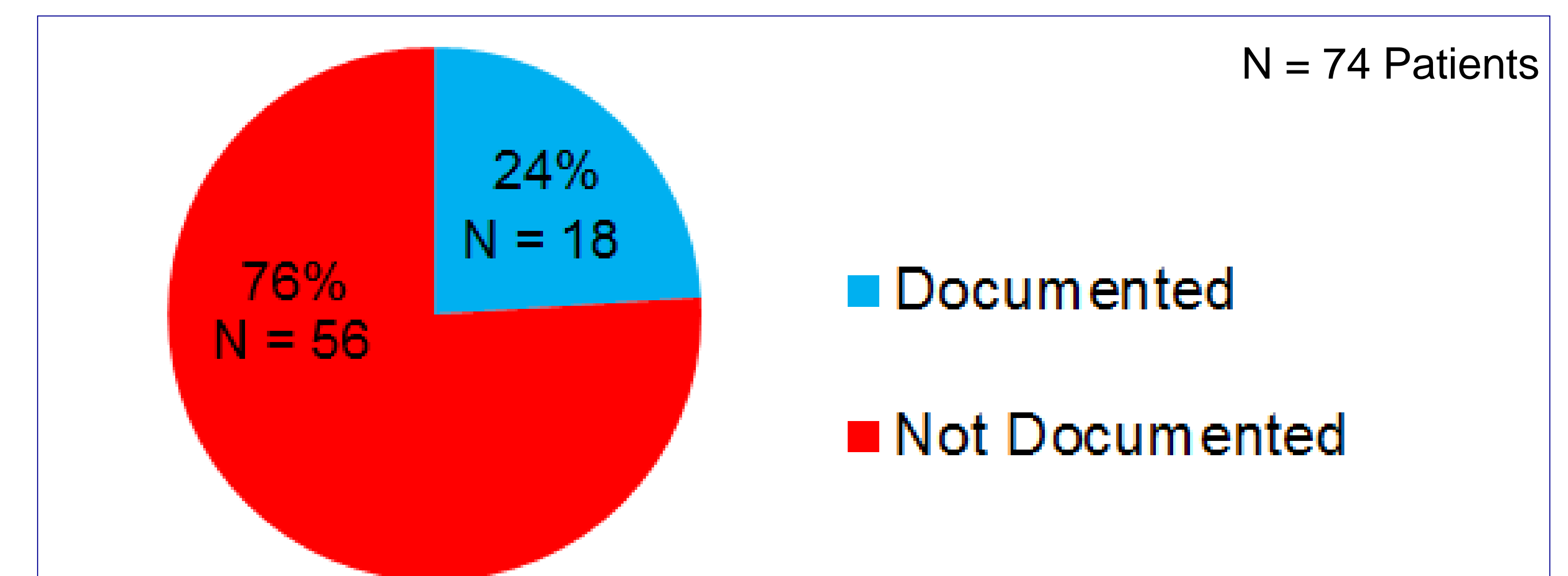


Figure 4: NHP Documentation

## Limitations

- Recall bias amongst patients
- Discrepancy between interaction resources
- Chart only updated as of last clinic visit

## Conclusions

- NHP use in clinic patients is 62%
- Vitamins and Minerals are the most common type of NHP used
- Most common indication for NHP use is "good health"
- NHP documentation is incomplete
- Education regarding NHP use and documentation is warranted