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Prophylaxis with anticoagulants or antiplatelets: A randomized clinical trial in patients undergoing mitral valve repair and coronary artery bypass graft surgery

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Introduction: Challenges in adjusting the dosage of warfarin and the risk of bleeding complications due to its toxicity have drawn attention to antiplatelet agents as an alternative treatment for preventing thrombotic events in patients who require anticoagulation. This study aims to compare the effectiveness of oral anticoagulants (warfarin) and antiplatelet agents (Plavix) in patients who have undergone mitral valve repair plus Coronary Artery Bypass Grafting.

Method: This randomized clinical trial was conducted on patients with ischemic mitral valve regurgitation who were candidates for coronary artery bypass grafting (CABG) and mitral valve (MV) repair at Ayatollah Rouhani Hospital in Babol. A total of 100 patients were included, with 50 assigned to the antiplatelet group (Plavix) and 50 to the anticoagulant group (warfarin). Patients were monitored for three months. The collected data were entered into SPSS software for analysis.

Result: The mean age of patients in the warfarin group was 65.1 ± 8.2 years, with 24 (48%) being male and 26 (52%) female. In the Plavix group, the mean age was 63.3 ± 7.9 years, with 35 (70%) female and 15 (30%) male. Among patients receiving warfarin, 5 (10%) had an INR above 6. Of these, two remained asymptomatic, while three developed hemorrhagic complications. One of these patients suffered a hemorrhagic stroke, which resulted in death. However, no thromboembolic complications were observed in the warfarin group. In contrast, no thromboembolic or hemorrhagic complications were reported in patients receiving Plavix.

Conclusion: The results of this study suggest that in patients undergoing mitral valve repair, Plavix is associated with fewer hemorrhagic and thromboembolic complications compared to warfarin. Therefore, Plavix may be considered a suitable alternative to warfarin in this patient population.

Biography

Zahra Mahjour, MD, graduated from Babol University of Medical Science. She is a Clinical Research Fellow at the Royal Orthopaedic Hospital NHS Foundation Trust in Birmingham, UK. She has a strong background in clinical research, with experience in both orthopedic and cardiovascular studies. Her recent work includes a randomized clinical trial comparing anticoagulant and antiplatelet therapy in patients undergoing mitral valve repair and coronary artery bypass grafting. Her research aims to optimize surgical outcomes and improve patient safety through innovative therapeutic approaches.

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