Study on Drug Prescribing Pattern in Dermatology Outpatient Department in a Tertiary Care Teaching Hospital

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Abstract

Irrational usage of medications is becoming a global problem. India majorly faces the concern for the irrational manufacturing, prescriptions and usage of medicines. Skin diseases or dermatology related issues are one of the major contributors to the disease burden. The ultimate goal in dermatological therapy is achieved by prescribing the safest and minimal number of medicines. The objective of the study was to assess the drug prescribing pattern in dermatology outpatient department (OPD) using WHO drug use indicators, to determine patterns of skin diseases and to describe current treatment practices. A cross sectional prospective study was carried out in the dermatology OPD for six months from March 2018 to August 2018. Prescriptions from patients were collected directly by taking images. About five hundred encounters were reviewed. The results revealed that male patients were more: 261 patients (52%). Most patients belonged to the age category of 20-29 years (139 patients) and 10-19 years (94 patients). A total of 1706 medications were prescribed. The average number of medications prescribed were 3.41/prescription. The number of generic drugs prescribed was comparably lower than branded; a total of 29.01% of prescriptions were prescribed with antibiotics. The health facility indicators were assessed by confirming key drug availability. On the whole, 26.9% drugs were prescribed from WHO EDL (essential drug list). It was concluded that fungal infections were the highest presentation and antihistamines were the most commonly prescribed drugs.

Key words: Drug use indicators, EDL, Prescribing pattern, Skin diseases, WHO

Introduction

Skin is the part of integumentary system and is the largest organ of human body. It is exposed to injury by extrinsic factors such as chemical and environmental factors, including infectious agents; and intrinsic factors like genetic, immunological and metabolic factors. Skin diseases in developing countries, like India, have a serious impact on people’s quality of life. Dermatology is a discipline where the therapy can be directly administered to the target site. Skin diseases get transmitted usually in people who are living under unhygienic and low socio-economic conditions. The skin disease pattern differs from countries and across different parts within a country. Rational prescribing is the most desired component in the drug supply-use chain that is required to ensure the rational use of medications and a cost-effective medical care. However, irrational prescribing has been reported as a global problem. Millions of children and adults suffer and die every year in poorer regions of Asia and Africa from preventable or treatable diseases with inexpensive essential drugs. India faces problems such as prescribing irrational drug combinations, excessive

How to cite this article: Herakal K, Sabbu R, Pavani G, Hiremath D, Mahendraker A G. Study on Drug Prescribing Pattern in Dermatology Outpatient Department in a Tertiary Care Teaching Hospital. MJPS 2020; 6(1): 3-7.