

## Drug prescription practices in paediatric patients of Yavatmal Distric

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### Introduction

Medically inappropriate, ineffective and non-economical use of pharmaceutical products is commonly observed in the health care system throughout the world and especially so in developing countries. Inappropriate prescription increases the cost of medical treatment and increases morbidity and mortality. The rational use of drugs requires the patients to receive medicines appropriate to their clinical needs, in doses that meet their own individual requirements, for an adequate period of time and at the lowest cost. Rational prescribing forms the corner stone of successful implementation of the rational use of drugs. There is an urgent need to ensure that patients are always given evidence-based, cost-effective and rational treatments. Children constitute about 40% of the Indian populations. One significant study has shown that potentially harmful medication error can be three times more common in paediatric population than in adults. Therefore the present study was planned to understand the prescription pattern of paediatric patients in the Yavatmal District, India.

### Methodology

Present cross-sectional study was conducted at randomly selected one pharmaceutical shop situated in each Prabhag of Yavatmal city over a period of 2 months. Institutional Ethical Committee permission will be taken before commencement study. A verbal consent to note down the drugs prescribed to patients was taken from each patient or patient relatives. before collecting the data. The names of the patients and prescribing doctors were kept confidential throughout the study. Referral

prescriptions and prescriptions of seriously ill patients were excluded from the study. All paediatric prescriptions received in these pharmacies were analysed. All prescribed drug were recorded including each drug dose, route & frequency of administration, doses form, indication for which prescribed and duration of therapy. WHO specifies drug use indicators for adoption in drug utilization studies. The following basic drug use indicators (core indicators) were used in the study to describe the prescribing pattern: a. Average number of drugs per encounter, b. Percentage of drugs prescribed by a generic name, c. Percentage of encounters with an antibiotic prescribed, d. Percentage of encounters with an injection prescribed, e. Percentage of drugs prescribed from the essential drug list. Data was entered in Microsoft excel sheet and analyzed by using SPSS software of version 16.

### Results

The prescribing pattern indicated polypharmacy and maximum patients were prescribed up to 3 medicines. It was observed that from all drugs which were prescribed very few were of generic form. Fixed dose formulations dominated the prescribing pattern, many of which were irrational. 80% of patient were prescribed of multivitamins irrespective of diagnosis and need which inturn increases the cost of medication and out of pocket expenditure.

### Conclusion

The findings of our study highlight the continuing crisis of the irrational drug prescription. So there is an urgent need for intervention to promote rational use of drugs in India.