



PRESCRIBING PATTERNS OF DRUGS USED IN ENT OUT PATIENT DEPARTMENT AT TERTIARY CARE TEACHING HOSPITAL

ENT

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ABSTRACT

Objective: To analyze the prescription of ENT OPD patients for Drug usage patterns

Method: specifically designed Performa was used for taking patients' demographical profile, diagnosis of disease, Drug regimen.

Result: The prescription of 102 patients were analyzed. The observational study evaluated 58% of the patients were male and 42% were female. The maximum patients were belongs to age group 31-40 yr. Among . Total 102 patients, Total 296 drug were prescribed. Average drug were 2.96 per prescription. Antibiotic prescribed in 25% of the prescription. Amoxicillin+Clavulanic acid combination were most common antibiotic prescribed. The total 296 drug were prescribed. The maximum prescribed class of drug was antihistaminic were prescribed in 32% of the prescription, Antibiotic prescribed were in 25% of the prescription. Nasal decongestant, Analgesic, Antipyretic, and vitamin were prescribed in 10%, 13%, 8%, 12% prescription respectively. Most commonly drug prescribed were Levocetizine (28%) among total drug prescribed, Amoxycillin+clavulanic acid(22%), oxymetazoline(8%), Ibuprofen(7%), Paracetamol(9%), Multivitamin(10%) respectively prescribed and 14% were other drug prescribed. Allergic rhinitis was the most common diseases diagnosed in 42% of patients followed by Chronic Suppurative Otitis media 14%, Acute Suppurative Otitis Media 8%, Pharyngitis 12%, Runing nose 9%, wax 4%, and tonsillitis 11% of the prescription.

Conclusion: Allergic rhinitis was most common diaseses diagnosed in ENT department. Amoxicillin and Clavulanic acid combination was commonly antibiotic prescribed in this study.

KEYWORDS

Prescribing Pattern, Allergic Rhinitis, Csom, Ent

INTRODUCTION

The Disease of the ear, nose and throat is going very common nowadays in adults and children which will cause impairment of routine life. It was observed increased global population that, hearing loss is very common especially in children due to upper respiratory tract infections (URTIs). The world health organization (2004) estimated that respiratory infections 94.6 disability adjusted life years lost worldwide^{1,2,3}. The commonly used drugs for the URTI are antibiotics like amoxicillin, amoxicillin+clavulanic acid, cefixime, cefuroxime^{1,4}. The different surveys were showing that antibiotic prescriptions are made in approximately 40% of all consultations for rhino pharyngitis and in 80% of acute bronchitis^{1,5}.

Study of drug utilization pattern is very important to tool to assess patterns of drug used. Studies on the process of drug utilization focus on the factors related to the prescribing, dispensing, administering, and taking of medication, and its associated events, covering the medical and nonmedical determinants of drug utilization, the effects of drug utilization, as well as studies of how drug utilization relates to the effects of drug use, beneficial or adverse. Drug prescribing for outpatients is done by various types of health professionals, and outpatient clinics deliver therapeutic service to large segments of the patients. It follows that assessment of prescribing pattern in these important medical care facilities is of obvious relevance to identify problems regarding rational use and to propose interventions^{6,7}.

It is important to monitor and evaluate the drug utilization patterns from time to time, to enable suitable alterations in prescribing patterns to increase the therapeutic benefit and to reduce adverse effects.¹² There is more concern about inappropriate and expensive prescribing than under-prescribing.¹³ The suitable drug benefit may not assessed due to complexity of drug use and because of possible underuse, overuse and misuse of drugs^{8,9,10}.

The main focus of the present study was to generate up to date data on patterns of drug used in the ENT outpatient of our hospital. Large section of patients having diseases of ear, nose and throat including adult and children. There are few studies has been conducted to evaluate patterns of drug use in ENT disease. There enormous number drug available for the treatment of ENT diseases, Hence, this study will help to clinician to select appropriate drug. Thus, the present study was carried out in the ENT OPD.

OBJECTIVE

To evaluate the prescribing patterns of the ENT out patient

MATERIAL AND METHODS

This is cross sectional prospective observational study conducted in Department of ENT in Hind Institute of medical sciences and hospital, Ataria, sitapur between June 2017 to December 2017.

A specially designed data entry format was used to collect data of patients details like patient name, age, sex, weight, diagnosis and drug prescribed. The prescription of patients were copied and analyzed for various indicators.

RESULTS

Demographic profile: The prescription of 102 patients were analyzed. The observational study evaluated 58% of the patients were male and 42% were female. The maximum patients were belongs to age group 31-40 yr. Among Total 102 patients, Total 296 drug were prescribed. Average drug were 2.96 per prescription. Polypharmacy practice seen in 45% of the prescription. Antibiotic prescribed in 25% of the prescription. Amoxicillin+Clavulanic acid combination were most common antibiotic prescribed. All the drug prescribed by brand name. (**Table 1**)

Pattern of drug prescribed: The total 296 drug were prescribed in 102 prescription of the patients. There were following class of drug prescribed in total 102 prescriptions. The maximum prescribed class of drug was antihistaminic. Antihistaminic were prescribed in 32% of the prescription, Antibiotic prescribed were in 25% of the prescription. Nasal decongestant, Analgesic, Antipyretic, and vitamin were prescribed in 10%, 13%, 8%, 12% prescription respectively. Most commonly drug prescribed were Levocetizine (28%) among total drug prescribed, Amoxycillin+clavulanic acid(22%), oxymetazoline(8%), Ibuprofen (7%), Paracetamol(9%), Multivitamin(10%) respectively prescribed and 14% were other drug prescribed but from same above classification of drug. (**Fig 3 and Table 2**)

Pattern of diagnosis of disease: Various type of diseases were diagnosed in Ear, Nose and Throat. In the present study, Allergic rhinitis was the most common diseases diagnosed in 42% of patients followed by Chronic Suppurative Otitis media 14%, Acute Suppurative Otitis Media 8%, Pharyngitis 12%, Runing nose 9%, wax 4%, and tonsillitis 11% of the prescription. In Nasal disease, Allergic Rhinitis (42%) and Running nose (9%) were diagnosed.

Pharyngitis(12%) and Tonsillitis (9%) were common Throat infection diagnosed. (Fig 2)

SN	Name of Particular	Results
1	Total prescription	102
2	Maximum age group	31-40 yrs
3	Male patients	58%
4	Female patients	42%
5	Total drug prescribed	296
6	Average Drugs/prescription	2.9
7	Poly-pharmacy practice	45%
8	Encounters with antibiotics	25%
9	Most commonly prescribed antibiotic	Amoxicillin+clavulanic acid
10	Encounters with brand names	100%

TABLE 1 Shows: Demographic Data and Prescribing particular of ENT OPD

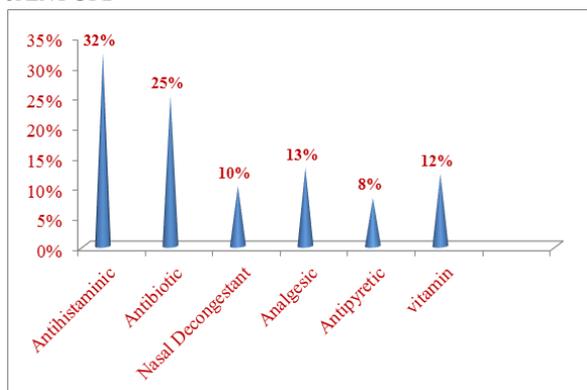


FIG 1 SHOWS: Patterns of drug used in ENT OPD

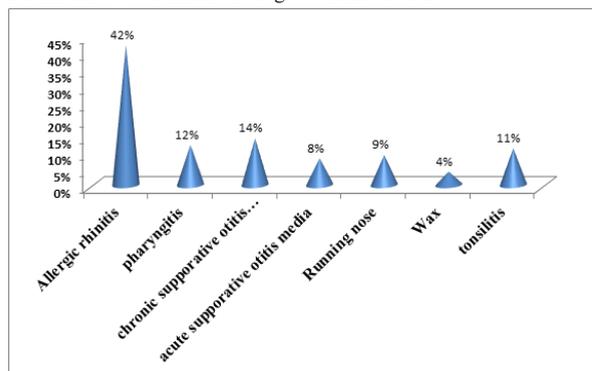


FIG4 SHOWS: Patterns of Diagnosis In ENT OPD

TABLE2 SHOWS: Most common prescribed drug

SN	Name of drug	%prescribed
1	Levocetirizine	28%
2	Amoxycillin +Clavulanic Acid	22%
3	Oxymetazoline	8%
4	Ibuprofen	7%
5	Paracetamol	9%
7	Multivitamin	12%
8	Other drug	14%

DISCUSSION

The present study analyzed prescription of 102 patients. In present study we found male were more than female. 58% of the patients were male and 42% were female. The maximum patients were belongs to age group 31-40 yr. Total 296 drug were prescribed. Average drug were 2.96 per prescription. Polypharmacy practice seen in 45% of the prescription. Antibiotic prescribed in 25% of the prescription. Amoxicillin+Clavulanic acid combination were most common antibiotic prescribed. All the drug prescribed by brand name. Similar studies has been conducted by Sumalath R et al (2017)⁸ and Kishore kumar Y et al (2017)¹, they have also concluded that male were more than female in ENT OPD cases. Similar finding showed by Kishore kumar et al¹ as they have also analyzed Amoxicillin+Clavulanic acid combination was most common antibiotic prescribed. However, polypharmacy were not analyzed by both of the investigator. The

Sumalath R et al (2017)⁸ reported that among total drug prescribed, maximum 85% of drug prescribed by generic name which differ than present study.

Among 296 drug prescribed in 102 prescription of patients visited ENT OPD, The maximum prescribed class of drug was antihistaminic. Antihistaminic were prescribed in 32% of the prescription. The second largest drug prescribed were Antibiotics prescribed were in 25% of the prescription followed by Nasal decongestant, Analgesic, Antipyretic, and vitamin were prescribed in 10%, 13%, 8%, 12% prescription. Most commonly drug prescribed were Levocetirizine (28%) among total drug prescribed, Amoxycillin+clavulanic acid(22%), oxymetazoline (8%), Ibuprofen(7%), Paracetamol(9%), Multivitamin (10%) respectively prescribed and 14% were other drug prescribed. The similar study has been conducted by Sumalath R et al (2017)⁸ and Kishore kumar Y et al (2017)¹, they have found that antibiotic was most common drug prescribed however present study showed antihistaminic was commonest drug prescribed and antibiotic were second common drug among total drug prescribed. The present study having good adhering and our clinicians are aware that antibiotic should be prescribed least because resistance is developing very fast nowadays.

In the present study, Allergic rhinitis was the most common diseases diagnosed in 42% of patients followed by Chronic Suppurative Otitis media 14%, Acute Suppurative Otitis Media 8%, Pharyngitis 12%, Runing nose 9%, wax 4%, and tonsillitis 11% of the prescription. In Nasal disease, Allergic Rhinitis (42%) and Running nose (9%) were diagnosed. Pharyngitis(12%) and Tonsillitis (9%) were common Throat infection diagnosed. The previous study^{1,8} showed most common diagnosed disease was CSOM followed otitis media and pharyngitis which is quite differ from present study that allergic rhinitis is most common disease diagnosed in present study. However, results of the present study quite similar to previous studies in contest of patterns of prescription in ENT OPD patients.

CONCLUSION:

Most common common drug prescribed in present study was Antihistaminic followed by antibiotic. Amoxicillin + clavulanic acid combination was most common antibiotic prescribed.

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