Assessment of Prescription Pattern in Psychiatric Patients in Tertiary Care Hospital

P. Senthil Prabhu[1*], R .Sivasakthi[2]. J. Subadra Devi[2] and Saranya S. Priya[2]

[1]Madurai Medical College, Madurai – 625 020, Tamil Nadu, India.

[2]RVS College of Pharmaceutical Sciences, Coimbatore - 641 402, Tamil Nadu, India.

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ABSTRACT

A prospective, observational study was conducted in 6 months duration in psychiatric ward. A total of 250 prescriptions were randomly collected and the Data collection form was administered for the collection of demographic, Socioeconomic and past medical history from study patients. The collected data were analyzed by using SPSS –software. The study results that, Depression was the most common disorder followed by Pshizopherinia. The Prescription pattern majority of drugs fall under Antipsychotic drugs in 48% Antidepressants in 20.8% followed by Anxiolytics 19.2%. The majority of Prescription rate was found in female patients in the age group between 31 – 40 years.

Keywords: psychiatric, Prescription pattern, Depression, Pshizopherinia.

INTRODUCTION

World Health Organization defines, the Drug utilization study is defined as a study of Marketing, distribution, Prescription and uses of drugs in a Society highlighting on the resulting medical, Social and economic consequences. The development and monitoring of Prescription pattern was necessary for Pharmaceutical care, rational drug use and Cost effective treatment to the patients. The drugs utilization studies improve the appropriate drug therapy and reduce the Economic burden and adverse drug reaction.

Psychotropic drugs are used for mental and emotional wellbeing in psychiatric patients. The symptom interferes with normal life and daily functional activities. Hence, All the drugs should be closely monitor for cost, safety and potency. The Prescription pattern of drugs various by the factors like place, type of patient, nature of disease, tradition, environment, Socio-economic status, New drugs on market and Prescription habit of the physician. Psychiatric disorder is one of the major causes of morbidity and mortality. Hence, the periodic review of prescription pattern helps to improve the safety and cost effective treatment to the patients. With this aim the study was carried out in tertiary care hospital.

METHODOLOGY

It was a Prospective, observational study carried out in Psychiatric department of KG hospital and post graduate research centre, Coimbatore. Totally 250 patients with all age group with both sexes were selected as per the Inclusion criteria. The data collection form was administered on patient after receiving the written consent form. The data were analysed by using SPSS- Software. The psychiatric patient with Mania, Pshizopherinia. Depression and bipolar disorders were included and Pregnancy, lactating women's, hepatic failure and renal failure were excluded from the study.

RESULT

A total of 250 prescriptions were included in this study. Out of this, 64%(n=160) patients were female and 36%(n=90) patients were males. The patients were classified as age distribution and further categorized on the basis of social history. This was represented in Figure-1.
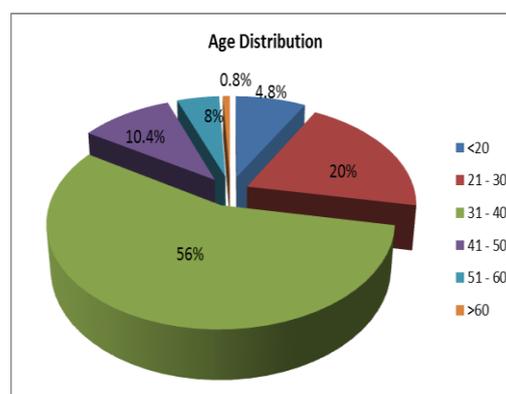

Fig. 1: Age Distribution

The Social history of patients assessed and results that 15.2%(n=38) patients were Smokers and 18.4%(n=48) were alcoholic and 52.8%(n=132) were neither smokers and nor alcoholics. It may be due to majority of patients fall under female and was given in Figure-2.
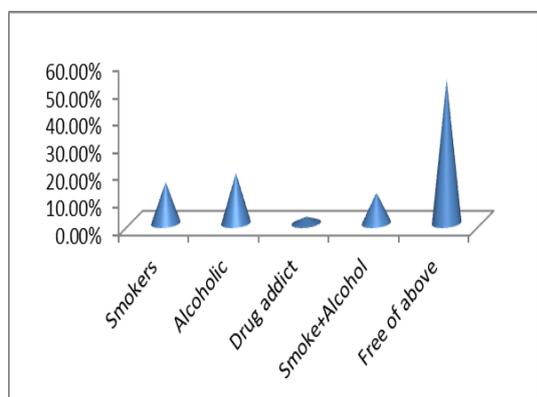

Fig. 2: Social History of Patients

The study patients were assessed for their co-morbidities and found that 1.6% patients were associated with epilepsy and 3.2% patients with hypertension and 2% patients with type-II diabetes.93.2% patients were free from other co morbitities and the data was shown in Figure-3.
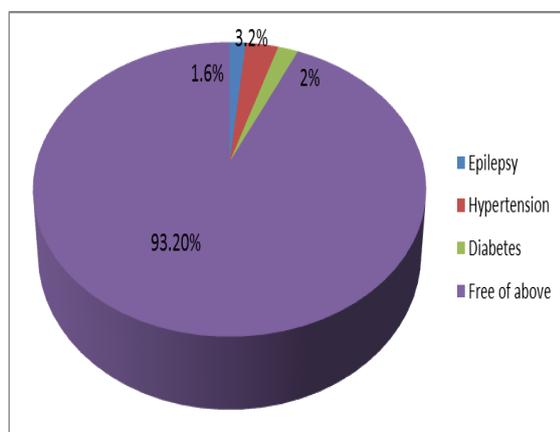

Fig. 3: Co-Morbidities of the study patients

The study also found that 82% study patients were no family history of psychiatric disorder and only 18% were a known case of family history of psychiatric. and the study indicates that 42% were newly diagnosed with psychiatric illness and 58% were have a relapse of previous illness. This was shown in figure-4.
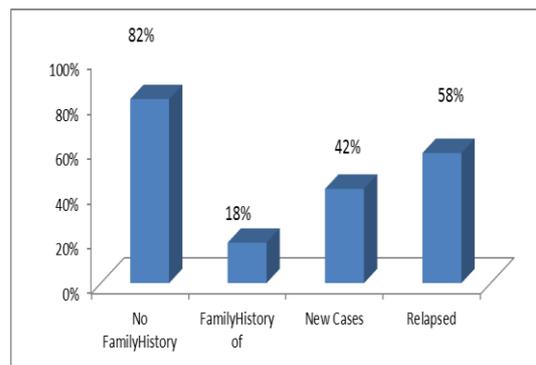

Fig. 4: Family History of psychiatric disorder

The prescription pattern and prevalence of psychiatric disorder were assessed and 38.45% patients were illness of depression, 29.20% were Anxiety and 20% were under pschizopherinia. The other common disorders were Insomnia 6.05%, alcohol withdrawal syndrome 4.20% and others 2.10%. And was represented in Figure-5.
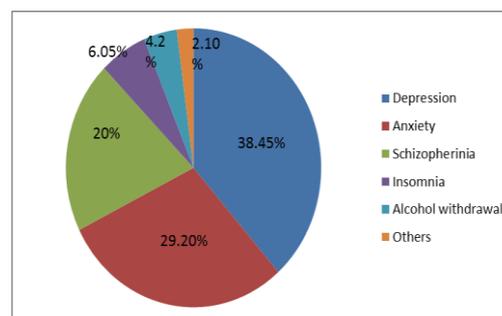

Fig. 5: Prevalence of psychiatric disorder

Most commonly prescribed drugs among the patient was found to be Antipsychotics in 48%, Antidepressants 20.80%, Anxiolytics 19.20% and Antimanic drugs with 9.6%. Which was given in Figure-6.
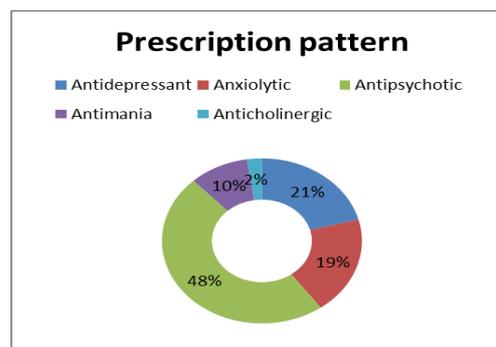

Fig. 6: Prescription pattern of drugs

Olanzapine was the most commonly prescribed drug in percentage of 24.4% followed by Chlorpromazine in 16.8% and Lorazepam in 12.8%. The segregation of drugs used in the prescription pattern was tabulated in Table-1.

Table 1

CATEGORY	DRUG	NO.OF PRESCRIPTION	% OF PRESCRIPTION
Antipsychiatric	Olanzapine	61	24.4
	Chlorpromazine	42	16.8
	Trifluoperazine	11	4.4
	Levosulpride	02	0.8
	Clozapine	01	0.4
	Risperidone	02	0.8
	Haloperidol	01	0.4
Antidepressants	Amitriptylline	21	8.4
	Imipramine	09	3.6
	Fluoxetine	20	8.0
	Sertraline	01	0.4
	Mirtazapine	01	0.4
Anxiolytics	Clonazepam	08	3.2
	Lorazepam	32	12.8
	Alprazolam	04	1.6
	Chlordiazepaxide	02	0.8
	Nitrazepan	02	0.8
Bipolar/ Antimanic drugs	Carbamazepine	10	4.0
	Lithium Carbonate	14	5.6
	Sodium valproate	08	3.2
	Clomipramine	02	0.8

DISCUSSION

The burden of Psychiatric illness leads to public health problem. Psychotropic substances are commonly used in patients with various prescription habits of prescriber. The study found that depression was the most common illness in psychiatric patients. Previous studies also proved that same result. Female patients were more prone to psychiatric disorders than male. Most of the study populations were no alcoholic and smokers. It may due to more number of female patients. The study results that female patients with Psychiatric disorder persist with severe detorioation of mental health at early stage. It may be due to Hormonal imbalance or may be lock of Social awareness with their family members and relatives. The Previous studies indicate that most of the patients treated with Antipsychotic drugs. Our study also coincided with that result. This is due to the Clinical efficacy and Safety of antipsychotic drugs.

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