

Prescribing Pattern in Psychiatric OPD of a Tertiary Care Hospital

Ajit Mogalgiddi¹, Bukya Kalyani², K. Nihal Balaji³

^{1,2}Assistant Professor, Department of Psychiatry, Mahavir Institute of Medical sciences, Vikarabad, Telangana, ³Assistant Professor, Department of Psychiatry, VELS Medical College and Hospital, Manjickarnai, Tiruvallur District, Chennai

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Abstract

Background: Psychiatric morbidity is on the rise in the developing economy India. Little data is available for policy makers to develop guidelines for rational and cost effective prescription of psychotropic drugs.

Aims and Objectives: The present study aims to analyze the prescription pattern of psychotropic drugs in a psychiatric Out Patient Department.

Materials and Methods: This was a Hospital based prospective analysis of 100 Psychiatric OPD prescriptions. Consent was obtained prior enrollment. Pharmacological data along with clinical and demographical profile was collected and analyzed. Data was collected in MS Excel and presented as numbers and percentages in the form of tables and figures.

Results: There was an equal gender distribution. Most of the patients belonged to the age group of 20-40 years(55%). Depression(38%) was the most common diagnosis among all the prescriptions evaluated. The most commonly prescribed drugs were antidepressants(38%) followed by anxiolytics, antipsychotics and mood stabilizers.

Conclusion: Prescribing pattern was in accordance with standard guidelines. This data gives a brief overview of the psychotropics prescription pattern in our demographic region.

Keywords: Psychiatry, Prescription Pattern, Psychotropic Drugs

Introduction

Mental Illness are a growing concern especially among middle class socio-economic status in a developing country like India. Approximately 400 people in every 1000 are estimated to be suffering from psychotropic disorders in India.¹ Psychiatric morbidity are a major cause contributing to Disability Adjusted Life Years.²

Psychiatric OPDs differ from one another in receiving patients with different disorders. A lot

of factors affect the presentation of patients to OPDlike geographical factor, cultural factors, and environmental factors and prescribing pattern of practitioners.³ Recently, a number of newer therapeutic modalities have evolved. It is necessary to evaluate the prescribing pattern in psychiatric OPDs to reduce overuse, misuse and to improve rationality and cost effectiveness of prescriptions.

This study was undertaken to analyze the prescription pattern of psychotropic drugs in a

Corresponding Author: K. Nihal Balaji, Assistant Professor, Department of Psychiatry, VELS Medical College and Hospital, Manjickarnai, Tiruvallur District, Chennai.

E-mail: nihal.balaji@gmail.com

psychiatric Out Patient Department hoping to help by providing some data to policy makers for formulation or revision of guidelines.

Materials and Methods

Study Design: The present study was a Prospective Hospital based Cross-sectional study.

Study Setting: This study was carried out at the Psychiatric Out Patient Department of Mahavir Institute of Medical Sciences, Vikarabad, Telanagana.

Study Duration: This research was conducted for a period of two months i.e; from September 2022 and October 2022.

Inclusion Criteria: 100 Random Prescriptions of patients attending the Psychiatric OPD irrespective of age and gender who gave consent for participation in the research study were included in the study.

Exclusion Criteria: The patients who did not consent, those who were agitated, restless and those were being treated in the In Patient Department were excluded from the study.

Data Analysis: Pharmacological data along with clinical and demographical profile was collected and analyzed. Data was collected in MS Excel and presented as numbers and percentages in the form of tables and figures.

Results

Table No. 1 Gender

Gender	No. of Patients
Male	52(52%)
Female	48(48%)

As depicted in the above table, almost an equal gender distribution was observed.

Table No. 2 Age

Age Group	No. of Patients
<20 Years	4(4%)
20-40 Years	55(55%)
41-60 Years	36(36%)
>60 Years	5(5%)

As depicted in the above table, the most number of patients belonged to the age group of 20 to 40 years

followed by 41 to 60 years. Least number of patients belonged to the age group of below 20 years.

Table No. 3 Disorder

Psychiatric Diagnosis	No. of Patients
Depression	38(38%)
Panic Disorder	22(22%)
Schizophrenia	14(14%)
Adjustment Disorder	10(10%)
Obsessive Compulsive Disorder	10(10%)
Alcohol Dependence Syndrome	4(4%)

From the above table, Depression was diagnosed in 38% of patients, Panic disorder in 22%, Schizophrenia in 14%, Adjustment disorder in 10%, OCD in 10% and Alcohol dependence syndrome in 4%.

Table No. 4 Drug Category

Drug Category	No. of Patients
Antidepressants	38(38%)
Anxiolytic drugs	26(26%)
Antipsychotic Drugs	30(30%)
Mood Stabilizers	10(10%)

Antidepressants were prescribed to 38% of the study population, Anxiolytic drugs to 26%, Antipsychotic drugs to 30% and Mood stabilizers to 10% of the patients.

Discussion

The present study was a hospital based observational study which aimed to study the prescription pattern in a psychiatric OPD of a tertiary care hospital. In our study, there was an equal gender distribution. Similar results were obtained by Rode⁴. The most number of patients attending the Out Patient Department belonged to the age group of 20-40 years. Least number of patients belonged to the age group of below 20 years followed by the group above 60 years. In a study done by Bagewadi⁵, also the most number of patients belonged to the age group of 20-40 years. Depression was diagnosed in 38% of patients, Panic disorder in 22%, Schizophrenia in 14%, Adjustment disorder in 10%, OCD in 10% and Alcohol dependence syndrome in 4%. Depression was the most common disorder in the studies done by Javedar⁶ and Roopadevi⁷. Antidepressants were

the most commonly prescribed group of medications followed by anxiolytic drugs, antipsychotic drugs and mood stabilizers. Rodealso recorded similar results. This study analyzed the prescription pattern of psychotropic drugs in the hospital in our demographic region. We are hopeful that this data will add to the existing literature and will be helpful in formulating guidelines and developing policy.

Conclusion

Prescribing pattern was in accordance with standard guidelines. This data gives a brief overview of the psychotropics prescription pattern in our demographic region.

Ethical Clearance: Ethical Clearance was obtained from the Institutional Ethical committee prior to commencement of the study.

Conflict of Interest: Nil

Source of Funding: This study was self-funded.

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