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Antipsychotics drug utilization and quality of life (QoL) study in the psychiatry department of a tertiary care hospital

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Antipsychotic drugs have had a significant influence in psychiatric practice. However, their utilization in actual clinical practice, effectiveness and safety in actual life situation need continuous study. The aim of this study is to observe the utilization of anti-psychotics and Quality of Life (QoL) of patients with psychiatric disorders, to analyze drug-prescribing practice of anti-psychotics drugs by physicians in the hospital and to find out list of drugs complying with WHO, Tamil Nadu Essential Drug List (EDL). A non-invasive, observational, prospective study was conducted in psychiatry department of tertiary care teaching hospital (RMMCH) in rural south India for six months. Over 84 patients were enrolled in the study. WHO's general Quality of Life Scale and Morisky 8-item medication adherence questionnaires were used to assess patient's adherence. They were counseled about their disease and lifestyle modifications. The number of drugs prescribed for (n=84) the patients was 359 drugs, of which 158 (44.01%) drugs were prescribed in generic name and only 40% drugs were prescribed as per WHO essential drug list and 66.6% drugs were prescribed as per TN EDL. Atypical Antipsychotic drugs are prescribed more (57%) compared to Typical drugs (43%). BPAD patients are more frequently treated with the Atypical (30.2%) and Typical Antipsychotics (16.27%) and followed by Schizophrenia being treated by Atypical Antipsychotics (21.7%) and Typical Antipsychotics (14.72%). Medication adherence was improved after patient counseling. Patients QoL was found to be improved in all domains after second follow-up. Outcome of therapy was satisfactory as 72(85.71%) of patients got improvement in their symptoms. Better results can be expected with more involvement of clinical pharmacist in patient care and development of prescribing guidelines for anti-psychotics.

Biography

Pallavi Reddy is pursuing her PharmD Internship at Annamalai University Chidambaram, Tamil Nadu. She has attended a national conference RTNDDS'13 in Pondicherry. Apart from Academic curriculum we are trained to do ward duties in 1400 bedded hospital which is attached to our college. We are providing clinical activities like patient counseling, taking medication history interview, provide drug information, Adverse Drug Reaction monitoring and reporting etc.

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