



ABS044

PRESCRIPTION ANALYSIS OF RHEUMATOID ARTHRITIS IN TERTIARY CARE HOSPITAL

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AIM: To perform the prescription analysis of rheumatoid arthritis in tertiary care hospital.

METHODOLOGY: A prospective, observational study was conducted for a period of 6 months in Rheumatology out-patient department of Amrita institute of medical sciences, Kochi. The data were collected from patient medication charts.

RESULTS: 200 patients enrolled in our study, 82.5% were females with a mean age group of 52.6 ± 10.136 . In treatment all the patients were prescribed with DMARDs which is the main stay for the treatment of RA. Methotrexate was the most commonly prescribed DMARD (87.5%). Other DMARDs such as hydroxychloroquine (75.5%), sulphasalazine (50%) and leflunamide (25.5%) were also prescribed. NSAIDs and steroids were next treatment options. Frequently used NSAID was Etoricoxib (6.5%) and 2.5% of patients were prescribed with diclofenac gel. 37% of patients prescribed with steroids. Deflazacort was the commonly used corticosteroids. Other medicines such as folic acid, proton pump inhibitors, calcium supplements, ursodeoxycholic acid etc were also given to patients. 51.5% of patients were on PPI's. 44% of the study population was given calcium supplements. Majority of the patients were managed with combination therapy. Only 7.5% of patients were prescribed with 1 DMARD. In all the other cases patients were given 2 or 3 DMARDs. DMARDs were also given in combination with either steroid or NSAID or both of them. The combination of Methotrexate and Hydroxychloroquine was found to be the most frequently used combination.

CONCLUSION: The study concluded that DMARDs is the main stay for the treatment of RA in which Methotrexate was the most commonly prescribed DMARD. NSAIDs and steroids were next treatment options. Early diagnosis and proper treatment can control the disease and its progression.

Keywords: Rheumatoid arthritis, DMARDs, Prescription analysis