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## ASSESSMENT OF RATIONALITY IN PRESCRIBING OF FIXED DOSE COMBINATIONS IN A TERTIARY CARE HOSPITAL

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Anitha Nandagopal\*, Mariya Khabita

Department of Pharmacology, Sultan-ul-Uloom College of Pharmacy, Road no.3, Banjara Hills,  
Hyderabad, Telangana State

*Address for Correspondence: editorjohp@gmail.com*

### ABSTRACT

#### AIM

To assess the rationale in prescribing of fixed dose combinations (FDC) to patients in a tertiary care hospital located at Hyderabad.

#### METHODOLOGY

376 prescriptions having fixed dose combination were collected from in patients and out patients department in a tertiary care hospital located in Hyderabad for a period of nine months. These prescribed fixed dose medications were checked for its reference in the WHO list of fixed dosage combinations, National list of essential medicines and fixed dosage combinations approved by Drugs controller general of India. Additionally, these prescriptions were evaluated for the need of various drug combinations prescribed and its relevance with respect to patient profile.

#### RESULTS

Out of 376 prescriptions evaluated, 172 were females and 204 were males. FDCs were mostly prescribed in the age groups of 21-60. It was observed that 60, 25, 5 and 4 prescriptions with three, four, five and six FDCs respectively. 19% of these prescriptions indicated for antimicrobials and 16% were indicated for Antacids. About 2% of these FDCs were listed in WHO essential drug list, 2% in NLEM and 47% in Drug Controller General of India (DCGI). 49% of these FDCs were not present in any of the reference list.

#### CONCLUSION

Polypharmacy was observed in this study. All the drugs were prescribed by brand names only. 49% of these FDCs were not present in any of the reference list. Hence it is high time to reduce this problem by sensitizing the prescribers regarding the efficacy, safety, suitability, rationality and cost benefit of FDCs available for patient use.

**Keywords:** Fixed dose combinations, rational use, irrational FDCs, polypharmacy