

## **A Cross Sectional Observational Study of Prescription Pattern of Gastro-Protective Drugs with Non-Steroidal Anti-Inflammatory Drugs in Nilgiris, India**

**Authors :** B.S. Roopa

**Abstract :** Objectives: To investigate the prevalence of concomitant use of GPDs in patients treated with NSAIDs and GPDs in recommended dose and frequency as prophylaxis. And also to know the association between risk factors and prescription of GPDs in patients treated with NSAIDs. Methods: Study was a prospective, observational, cross-sectional survey. Data from patients with prescription of NSAIDs at the out-patient departments of secondary care Hospital, Nilgiris, India were collected in a specially designed proforma for a period of 45 days. Analysis using  $\chi^2$  tests for discrete variables. Factors that might be associated with prescription of GPD with NSAIDs were assessed in multiple logistic regression models. Results: Three hundred and three patients were included in this study, and the rate of GPD prescription was 89.1%. Most of the patients received H2-receptor antagonist, and, to a lesser degree, antacid and proton pump inhibitor. Patients with history of GI ulcer/bleeding were much more likely to be co-prescribed GPD than those who had no history of GI disorders. Compared with patients who were managed in general outpatient clinic, those managed in Secondary care hospital in Nilgiris, India were more likely to receive GPD. Conclusions: The prescription rate of GPD with NSAIDs is high. Patients were prescribed with H2RA with dose of 150mg twice daily, which are not effective in reducing the risk of NSAIDs induced gastric ulcer. Only the frequency of NSAIDs prescription was considered significant determinant for the co-prescription with GPAs in patients who are < 65 years and  $\geq$  65 years old.

**Keywords :** gastro protective agents, non steroidal anti inflammatory agents

**Conference Title :** ICMBPS 2014 : International Conference on Medical, Biological and Pharmaceutical Sciences

**Conference Location :** Vancouver, Canada

**Conference Dates :** August 07-08, 2014