

Original article:

Use of antibiotics in patients suffering from Pelvic Inflammatory Disease-A prospective study

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Abstract

Background: Pelvic inflammatory disease (PID) is a major health concern leading to profound gynecological morbidity among women in reproductive age group. Therefore this study was undertaken to analyze the prescription pattern of Antimicrobial Agents in patients suffering from Pelvic Inflammatory Diseases.

Methodology: A prospective study was conducted at the Department of Obstetrics and Gynaecology, KPC Medical College, Jadavpur, Kolkata; for a period of one year during February 2013 to January 2014. A total of 884 prescriptions of clinically diagnosed PID cases from Outpatient Department (OPD) and Inpatient Department (IPD) were collected and analyzed in the department of Pharmacology on the basis of Drug utilization WHO indicators.

Results: Average number of AMAs per prescription was 2.0. Majority of patients were prescribed Antifungals (n=474) followed by Nitroimidazoles (n=368), Fluoroquinolones (n=364), Doxycycline (n=332), and least prescribed was Aminoglycoside and Urinary antiseptics (n=74).

Conclusion: There was minimal difference between defined recommendations in standard treatment guidelines and the clinical use of antimicrobial agents. The only lacking part of this study was lesser use of generic drugs.

Introduction

Pelvic inflammatory disease (PID) constitute the Upper reproductive tract infection in women and a major health concern leading to profound gynecological morbidity among women in reproductive age group with impact on individual women, their families and communities. These infections entail a heavy toll on women, if untreated they can cause long-term complications, such as tubal infertility, ectopic pregnancy, chronic pelvic pain and abortions (1). World Health Organization estimates that each year there are over 340 million new cases of FRTIs in which 75-85% occur in developing countries. In India alone, 40 million new cases emerge each year (2). At presentation, women with PID may range from asymptomatic to seriously ill. The most common presenting complaint is lower abdominal pain. PID

is initiated by infection that ascends from the vagina and cervix causing endometritis, salpingitis, parametritis, oophoritis, tuboovarian abscess and pelvic peritonitis.

As far as the clinical diagnosis is concerned, following features are suggestive of a diagnosis of PID (3, 4, 5):

Lower abdominal pain (usually the most prominent symptom).

Dyspareunia – caused by pelvic masses prolapsed in the pouch of Douglas are more common complaints.

Menorrhagia, polymenorrhagia, congestive dysmenorrhoea.

Postcoital or intermenstrual bleeding.

Dysuria (pelvic inflammatory disease can occur with concurrent urethral chlamydial infection).

Antibiotics are the most frequently prescribed drugs in PIDs. Programs designed to encourage appropriate antibiotic prescriptions in health care institutions are an important element in quality of care, infection control and cost control (6,7). The irrational prescription of antimicrobial agents leads to Resistance, means antibiotics, which were highly effective earlier, now no more active against the bacteria. The improper use of antibiotics is the main culprit for causing this health hazard. This is the reason drug utilization studies are carried out to aware the doctors what they are doing and what they have to do. The study of prescribing patterns seeks to monitor, evaluate and suggest modifications in practitioners' prescribing habits so as to make medical care rational and cost effective.

Inappropriate prescription increases the cost of medical treatment and increases morbidity and mortality. The impact of irrational prescription of drugs also leads to an increase in the incidence of adverse drug events and the emergence of drug resistance. Prescribing drugs is an essential skill, not only it reflects the physician's knowledge of pharmacology and pathophysiology but also his/her skill in diagnosis and attitude towards selecting the most appropriate treatment. The rational prescribing skills of clinicians can be assessed by conducting periodic prescription audits. There is an urgent need to ensure that patients are always given evidence-based, cost-effective and rational treatments.

Accordingly, in view of the aforementioned observations, this prospective study envisages compilation, analysis of the pattern, trend, rationality and frequency of the use of drugs in the treatment of PIDs, with emphasis on available treatment regimens inclusive of primary and adjunctive therapy.

Material & methods

This prospective study was done by the Department of Obstetrics and Gynaecology, KPC Medical College, Jadavpur, Kolkata

The female patients aged 15-60 years suffering from Pelvic Inflammatory disease attending Department of Obstetrics and Gynaecology, KPC Medical College, Jadavpur, Kolkata were enrolled who were on antimicrobials and satisfy the inclusion and exclusion criteria.

The study was conducted for a period of 12 months from Feb 2013 – Jan 2014 on clinically diagnosed (both acute and chronic) PID patients.

Data from Gynaecology & Obstetrics department both OPD and IPD were gathered randomly twice weekly and the detailed records of demographic, clinical features & treatment instructions were noted in 'Case Record Form' after getting explained consent from the patients.

Study was approved from Institutional Ethical Committee.

Rationality

A. The therapy was considered rational if the antimicrobial use and its route of administration, dose, frequency and duration of use were considered appropriate for infection.

B. Therapy was considered irrational if the antimicrobial was used without indication, prophylaxis under circumstances of unproven efficacy or by clearly inappropriate route, dose or preparation for that indication.

It is a prospective study and is based on medication utilization form, which has been designed on the basis of a WHO format.

WHO COREINDICATORS

Data will be further analyzed as under:

1. Age and sex wise distribution.
2. Average number of drugs per encounter.
3. Prescribing Percentage of encounters with an antibiotic prescribed.

4. Percentage of encounters with an injection prescribed.
5. Percentage of drugs prescribed by generic name.
6. Percentage of drug prescribed from Essential drug list formulary

Results

A total of 884 prescriptions were analyzed during the 12 months study period. The maximum numbers of female patients suffering from Chronic PID were from the age group of 15-30 years (n=470), and least of the patients fall under age group of 46-60 yrs. (n=90) (Table-1).

The total no. of drugs which were prescribed to the patient was 2350. Each patient on an average was prescribed 2.8 drugs per prescription. Out of 2350 of total drugs, 1830 were antimicrobial agents.

During the study, it was observed that the most commonly prescribed Antimicrobial agents were Antifungals (n=474, P=25.90%) followed by Nitroimidazoles (n=368, P=20.10%), Fluoroquinolones (n=364, P=19.89%), Doxycyclines (n=332, P=18.14%), and Aminoglycosides. Urinary antiseptics were the least prescribed class (n=74, P=4.04%). Individually, most commonly used agents of these is Doxycycline, Clotrimazole+ Tinidazole followed by Metronidazole, combination of Ofloxacin + Ornidazole, Fluconazole + Ornidazole and least prescribed was Nitrofurantoin (Table-2).

In the concomitant medications, Proton Pump Inhibitors were mostly prescribed (n=236, P=45.38%) followed by NSAIDs (n=150, P=28.84%), Sedatives were the least prescribed class (n=134, P=25.76%). (Table- 3)

Out of Total 1830 antimicrobials prescribed, n=1612 (88.08%) were given orally and n=218 (11.58%) were parenterally administered (Table 4). There was a high

prevalence of empiric treatment with orally administered antibiotics in this study. The average no. of Antimicrobial agents prescribed per patient was found to be 2.0. It was observed that out of 1830 drugs which were prescribed to the patient none of drugs were in generic form. All drugs were prescribed from Essential Drug List. (Table-4)

Discussion

Antibiotics were once considered 'miracle drugs' and have been used for decades to effectively treat a variety of bacterial infections. Unfortunately, widespread use and misuse worldwide have led to the emergence of 'super bugs' and other drug-resistant bacteria.

Unnecessary use of antibiotics has also given rise to an increased risk of side effects, high costs and effects requiring medical attention.

Quality of life can be improved by enhancing standards of medical treatment at all levels of the health care delivery system. Setting standards and assessing the quality of care through performance review should become part of everyday clinical practice. The study of prescribing patterns seeks to monitor, evaluate and suggest modifications in practitioners' prescribing habits so as to make medical care rational and cost effective. In our Study, the most commonly prescribed Antimicrobial agents were Antifungals (n=474, P=25.90%) followed by Nitroimidazoles (n=368, P=20.10%), Fluoroquinolones (n=364, P=19.89%), Doxycyclines (n=332, P=18.14%), and Aminoglycosides. Urinary antiseptics were the least prescribed class (n=74, P=4.04%). Individually, most commonly used agents of these is Doxycycline, Clotrimazole + Tinidazole followed by Metronidazole, combination of Ofloxacin + Ornidazole, Fluconazole + Ornidazole and least prescribed was Nitrofurantoin (Table-2). In the concomitant medications Proton pump inhibitor drugs were

mostly prescribed followed by NSAIDs. These findings are similar to study conducted by Sharma S et al, 2013 (8), whereas our results contradicts the study conducted by Basu J et al. 2015 where number of antimicrobials prescribed was 3.0 (9). In the current study it was found that Gentamicin was prescribed more in comparison to Amikacin in patients requiring hospitalization with suspected or proven urinary tract infection. As previous study showed good results by Saini et al, where the researchers found good response to gentamicin to provide coverage against gram negative aerobic bacilli (10). Use of Doxycycline with metronidazole was higher in our study to provide coverage against Chlamydia trachomatis and anaerobes, respectively as recommended by Saini et al recommended doxycycline against C. trachomatis in their study (10). The findings of this study suggest that there was minimal difference between defined recommendations in standard treatment guidelines and the clinical use

of antimicrobial agents. Establishing an appropriate and restrictive guide for antibiotic was therefore be a high aim and priority to this hospital.

Conclusion

The present study concludes that: treatment approach was empirical without objective criteria of infection and most of these drugs were prescribed using brand names.

Most of the antimicrobials were administered orally and parenteral administration was less preferred. This may be reflective of an improvement in this aspect of prescribing pattern as opposed to previous excessive use of injections by some physicians who hold the erroneous belief that injections are more effective and offer better patient satisfaction. The other positive aspect of this study was average no. of antibiotics prescribed per prescription is lesser than other studies. This minimizes the habit of polypharmacy and drug-drug interactions.

Table1: Age wise distribution of PID patient n=884:

Age(yrs)	Total No. of female patients	Percentage
15-30	470	53.16
31-45	324	36.65
46-60	90	10.18
Total	884	100

Table: 2 Antimicrobials prescribed in gynaecology department

Class	Antibacterial agents	No. of agents prescribed	Consumption %
Fluoroquinolones	Ofloxacin + Ornidazole	218	11.91
	Ofloxacin + Cefixime	146	7.9
	Total	364	19.89
Broad Spectrum antibiotics	Doxycycline	332	18.14
Antifungals	Clotrimazole+ Tinidazole	292	15.95
	Fluconazole + Ornidazole	182	9.94
	Total	474	25.90
Aminoglycosides	Amikacin	72	3.93
	Gentamicin	146	7.97
	Total	218	11.91
Nitroimidazoles	Metronidazole	220	12.02
	Ornidazole	148	8.08
	Total	368	20.10
Urinary antiseptics	Nitrofurantoin	74	4.04
	Grand Total	1830	100

Table 3: Concomitant drugs used:

Class	Generic Name	No. of agents prescribed	Consumption %
Proton Pump Inhibitors	Pantaprazole	236	45.38
Nsaids	Serratiopeptidase+diclofenac	150	28.84
Sedatives	Alprazolam	134	25.76
Total		520	100

Table: 4 Prevalence & indication of antimicrobials

Indicators		No. of Patients
1.	Average number of drugs per prescription	2.8
2.	Average number of antibiotics per prescription (encounter)	2.0
3.	Percentage of drugs prescribed by generic name;	
4.	Number of encounters resulting in prescription of an injection	0
5.	Percentage of drugs prescribed from EML	0
		100
Prevalence of use		
1.	Total No. of Prescription	884
2.	Total No. of AMAs prescribed	1830
3.	Mean No. of AMAS	2.0
Routes of Drug administration Antibiotics (915)		
1.	Oral	1612
2.	Parenteral (i.v)	218
Evaluation of antimicrobial therapy		
1.	Rational	74%
2.	Irrational	26%

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