

## Pattern of Antidiabetic Drugs used in Outpatient and Hospitalized Patients in a Tertiary Health Institute of Central India

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### Abstract

**Introduction:** Diabetes mellitus (DM) is emerging as major health problem. There has been worldwide increase in prevalence of DM, especially in developing countries. With this increased prevalence of diabetes, drug utilization study of antidiabetic drugs is very useful from health care viewpoint. **Objective:** To study prescribing pattern of antidiabetic drugs used in outpatient and hospitalized patients and correlate association of diabetes with demographic details of patients. **Methodology:** After ethical approval, a cross sectional study was conducted. The prescriptions of patients of diabetic mellitus with or without co-morbidity were collected and analyzed. **Results:** Prescriptions of diabetic patients (n=300) including outdoor patients (n=150) and indoor patients (n=150) were noted. Metformin (69.33%) was the most prescribed drug followed by glimepiride (35.00 %). Prescriptions of Insulin alone were 26.70% and 30.66% in combination with oral antidiabetic drugs. Hypertension was found in association with DM in 52.33 % of cases. As per WHO prescribing indicator drug prescription by generic name were only 3.12% and mean number of drug per prescription was  $4.57 \pm 1.49$ . **Conclusion:** This cross sectional study of prescribing pattern of antidiabetic drugs showed metformin as the most commonly prescribed antidiabetic drug followed by glimepiride. All insulin preparations were human insulins. Hypertension was most common associated co-morbidity.