

Prescription Pattern of Corticosteroids in Dermatology Cases in a Tertiary Care Teaching Hospital

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Abstract

Background: In recent times due to the inadvertent use of corticosteroids in dermatology and cosmetology clinics, drug utilization study is important in making necessary guidelines for using corticosteroids. **Objective:** To study prescription pattern of corticosteroids in patients admitted in dermatology ward. **Materials and Methods:** A retrospective study was conducted in the inpatient cases of Dermatology ward in a tertiary care hospital, over a period of 1 year. The data was collected from the medical record section of the hospital in a designed proforma containing relevant details such as Age and sex, skin conditions and drugs used. **Result:** Majority of skin disease patients between 21-40 years of age were given steroids. Average number of drugs per prescription was four, of which most of the prescriptions had topical preparation of steroid (50 patients), Patients with moderate to severe skin disease were prescribed steroids in both systemic and topical routes (31 patients). Most widely used Systemic steroid was Hydrocortisone given Intramuscularly (15 patients) as stat IM/IV followed by oral Methylprednisolone, while some were started directly on methylprednisolone orally for about 5 to 6 days in tapering doses. Mometasone and Betamethasone ointments were widely used topically. **Conclusion:** It is concluded that most of the admitted cases were given steroids. In moderate to severe cases, stat single dose of systemic corticosteroid (intravenous / intramuscular) followed by oral steroid preparation was given. Among all only topical steroid preparations were used in most of the cases.