

# **RATIONAL PRESCRIBING & DISPENSING**



**By**

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**WHAT IS A PRISCIPTION???**



## DEFINITION:

Prescription is an order from a physician, dentist or any other registered medical practitioner to a pharmacist for the supply of medicine ,dressing or appliance for the patient.



**Bad prescribing habits lead to ineffective and unsafe treatment, exacerbation or prolongation of illness, distress and harm to the patient, and higher costs. Changing existing prescribing habits is very difficult. So good training is needed before poor habits get a chance to develop.**



- **Example:** You sit in with a general practitioner and observe the following case. A 52-year old taxi-driver complains of a sore throat and cough which started two weeks earlier with a cold. He has stopped sneezing but still has a cough, especially at night. The patient is a heavy smoker who has often been advised to stop. Further history and examination reveal nothing special, apart from a throat inflammation. The doctor again advises the patient to stop smoking, and writes a prescription for codeine tablets 15 mg, 1 tablet 3 times daily for 3 days.



Inappropriate prescribing is a manifestation of irrational drug use behavior when drugs are not prescribed in accordance with guidelines based on scientific evidence to ensure **safe ,effective ,and economic use .**

A wide interventions available to address irrational prescribing, these can be categorized as:

**1-Preventive.**

**2- Curative.**



## **Preventive:**

Ensure that prescribers starts of prescribing in an appropriate manners.

## **Curative:**

Interventions attempt to reverse a pattern of irrational prescribing.

As often in medicine , it is far easier to prevent than to cure prescribing problems.



Interventions can be categorized as :

**1- Educational .**

**2-Mananagerial .**

**3- Regulatory.**





# EDUCATIONAL:

Prescribers are *persuaded* by providing information or knowledge to them in form of:

Face-to face education , training, seminars , provision of written materials.

Educational interventions are the most common and are often disappointing in their **limited impact**.



**Although the basic training of prescribers( training on basic pharmacology ,clinical pharmacology, and therapeutics) is essential for promoting rational use of drugs , educational components often need to be combined with managerial and regulatory interventions .**



## MANAGERIAL :

Prescribers are *guided* in the decision making process, through limiting lists of routine procurements , drug utilization review and feed-back supervision and monitoring .

Provision of treatment guidelines, and monitoring of their use.



Managerial interventions frequently require considerable effort to initiate and maintain.

However , they can produce a **sustained impact** with small risk of adverse or unexpected consequence .

Drug utilization review and feedback (DUR) is a tool to identify problem in the medication use process.



# REGULATORY:

Prescribers are ***forced*** to restrict the decision making process in prescribing ,this include :generic policies , prescribing and dispensing limitations and withdrawal of questionable drugs from the markets.

These strong strategies are often unpopular with prescribers or consumers and may also bring about unintended effects , such as change to other inappropriate prescribing practice.



Example of regulatory intervention is drug registration where most countries have drug regulations that limit drug sales in the country to registered drugs.

In countries where drug registration is enforced , it limit the types and numbers of drugs available for prescribing.



# **DRUG AND THERAPEUTIC COMMITTEE:**

(DTC) play an important role in improving prescribing through:

- 1-Selecting drugs for formularies.
- 2-Reviewing drug requisition and revising them to fit budget allocations.
- 3-Determining which drugs should be available.



**4- Developing standards treatment forms for the common illness treated.**

**5- Establishing prescribing limitation aimed at controlling irrational drug use (e.g : limiting certain antibiotics to use only under the recommendation of consultant).**





# ENSURING GOOD DISPENSING PRACTICE



The background of the slide is a close-up photograph of numerous white, oval-shaped pills scattered across the surface. One pill in the lower-left foreground is a gold-colored capsule with a dark, hollow center. The lighting is soft, creating gentle shadows and highlights on the smooth surfaces of the pills.

# **GOOD DISPENSING PRACTICE**

*“To know of something that is  
harmful to another person who  
does not know, and not telling, is  
unethical”*

**Airene Barlin, RPh, MPH**

**FDRO II**

# DISPENSING :

Is a process of preparing and giving out medicines to a named person on the basis of prescription . It involves the correct interpretation of the wishes of the prescriber and the accurate preparation and labeling of medicines for use by the patients as advised ,in the public or private clinics, health center or hospital or in the community pharmacy setting.



# **DISPENSING ENVIRONMENT:**

## **Includes:**

1-Staff.

2- Physical surroundings.

3-Shelving and storage areas.

4-Equipements and packaging materials.



**Dispensing environments must be clean ,because most drug products are taken internally, making it important that they be hygienic and uncontaminated .**

**The environment must also be organized so that dispensing can be performed accurately and efficiently.**



# **DISPENSING PROCESS:**

The process that involved all the activities involved from receiving the prescription to issuing the prescribed medicine to the patient.

**These activities includes :**

1- Receive and validate the prescription.

2-Understand and interpret the prescription.



3-Prepare items for issue .

4-Record the action taken.

5-Issue medicine to the patient with  
**clear instructions and advice.**



# **DISPENSING CYCLE:**

**1- Receive and confirm.**

**2-Interpret and verify.**

**3-Prepare and label.**

**4- Record and endorse.**

**5-Counsel and supply.**





# DISPENSING PERSON:

In addition to basic knowledge the dispenser , or dispensing team, needs additional knowledge, skills and attitude to complete the dispensing process includes:

- Knowledge all about the medicines being dispensed.
- Good calculation and arithmetic skills.



- **Skills in assessing the quality of preparation.**
- **Attributes of cleanliness, accuracy , and honesty.**
- **Attitudes and skills required to communicate effectively with patients.**



# PACKAGING AND LABELING OF DRUGS:

The drugs that have been collected from the shelf , must be packed, so that can be stored by the patient and labeled to ensure patients understanding.



# **ADVANTAGE OF PREPACKAGING OF MEDICINES:**

- 1-Safer , easier, and faster distribution of drugs with less room error.**
- 2-Improve credibility among users, due to the attractiveness and cleanliness of the package.**
- 3-More accurate and efficient prescribing by all health workers, because of the standard treatments chosen for prepackaging.**



**4- Easier and more accurate recording of inventory , with better control over drug supplies and more accurate consumption data.**



# **INFORMATION/COUNSELLING TO BE PROVIDED TO THE PATIENT**

- **LIST OF THINGS TO BE TOLD TO A PATIENT**
- What each medicine is for.
- How to take each medicine, at what times, and how many/much, before or after food.
- How to use certain devices.
- The instructions to be given for each medicine.
- The specific precautions to be taken with certain medicines.
- What side effects to expect. What to do in case side effects are experienced.
- What conditions should the medicines be stored under.



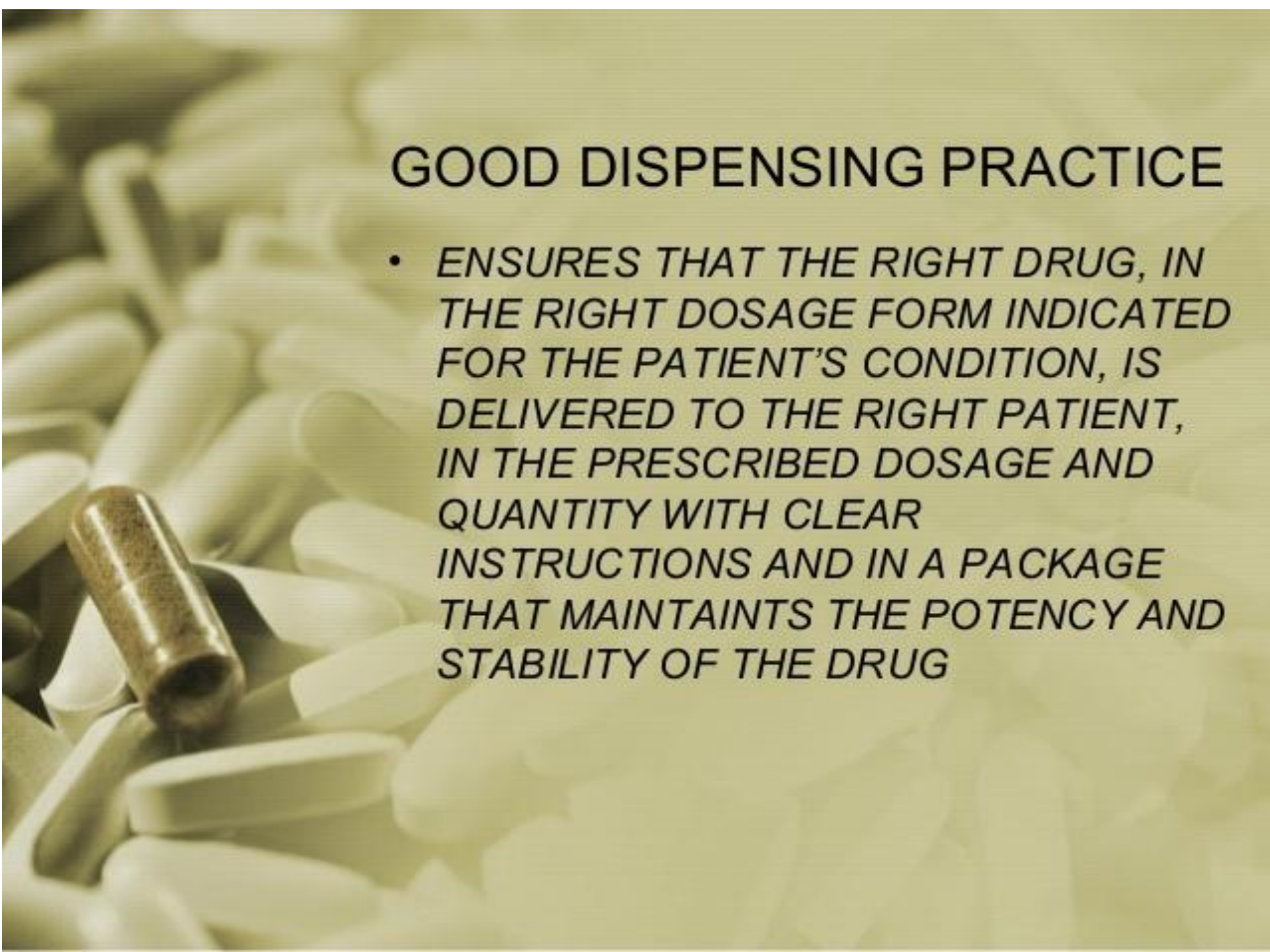
“ NEVER DISPENSE GUESS  
WORK”



**BE CLEAN, GET ORGANIZED!!  
GIVE THE PHARMACY A  
PROFESSION LOOK**







## GOOD DISPENSING PRACTICE

- *ENSURES THAT THE RIGHT DRUG, IN THE RIGHT DOSAGE FORM INDICATED FOR THE PATIENT'S CONDITION, IS DELIVERED TO THE RIGHT PATIENT, IN THE PRESCRIBED DOSAGE AND QUANTITY WITH CLEAR INSTRUCTIONS AND IN A PACKAGE THAT MAINTAINS THE POTENCY AND STABILITY OF THE DRUG*

**THANKS**

