

# Prescription audit of lifestyle modification advice to patients attending special clinics at a tertiary care hospital in Delhi

**Diksha Sabharwal**

Vardhman Mahavir Medical College & Safdarjung Hospital, New Delhi

## INTRODUCTION

Chronic diseases such as diabetes and hypertension require lifestyle modifications, in addition to pharmacological interventions. A prescription audit of patients attending diabetic and cardiac OPDs was carried out to check the type of lifestyle modification advice given (Written+verbal/ Verbal/none) and the differences in patients' understanding and compliance with each type of advice.

## MATERIALS AND METHODS

Study was conducted in July 2010 among 104 patients attending Cardiac and Diabetic OPDs at a tertiary level hospital in Delhi. A semi structured questionnaire was designed to conduct exit interview of patients. The questionnaire focussed on type of advice (written+verbal/ verbal/none) given and the compliance and understanding of the patients with respect to each type of advice.

## RESULTS

A total of 104 patients participated in the study (43 Diabetes OPD, 56 Cardiac OPD, and 5 both). It was observed that only a minority of patients were given written prescription advice [Weight Reduction (4.8%), Smoking cessation (17.0%), Alcohol cessation (13.2%), self sugar monitoring (14.6%), Exercise advice (36.5%), Diet advice (45.2%), etc]. It was also observed that in a majority cases, compliance and understanding was significantly better in patients given written+verbal advice as compared to just verbal advice.

## CONCLUSION

Since compliance and understanding is better in patients given a written advice, lifestyle modification advice should preferably be communicated to patients in written along with a verbal explanation.