Assessment of Dietary Supplements in Prescriptions in Duhok City

Abstract

Background and aim: The aim of the study was to assess the extent of dietary supplements writing in prescriptions by physicians in private health centers in Duhok city and to determine their cost effect on the total cost of the prescriptions.

Method: This study was conducted in private multicenter pharmacies in Duhok governorate. Samples of 2756 prescriptions were collected and assessed to determine the frequency of dietary supplement prescription by physicians in relation to their specialty and to assess their cost and cost additions to the total cost of the prescription.

Results: Dietary supplements were present in 34% of the prescriptions with the highest percentage of 38.75% in gynaecologists. 30.1% of physicians prescribed more than one supplement. The percentage of non-herbal supplements was 87%. The name of the company was mentioned in 53.53% of prescriptions. Dosage form was written in 84.37% of prescriptions while the dose was written in only 5%. Dietary supplements resulted in an increase of more than 50% to the total cost of 51.95% of the prescriptions.

Conclusion: It was concluded that there was a high rate of dietary supplements in prescriptions written by physicians in Duhok city and the majority resulted in an increase in the total cost of the prescriptions.