Medication use during pregnancy in Omani women

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The aim of this study was to evaluate medication use pattern in a university tertiary hospital in the Sultanate of Oman. The study was conducted at the Sultan Qaboos University Hospital (SQUH) and the SQUH Family and Community Medicine clinic (FAMCO), from 7th to 25th June 2008. The medication use pattern was evaluated in women attending FAMCO and the standard antenatal clinics. Women were interviewed in different gestational ages using a structured questionnaire. The Electronic Patient Record was reviewed to acquire additional information on medication use. Medications were classified according to the US FDA risk classification. Main outcome measure medication used including prescribed medications, OTC medications, or herbals during the current pregnancy and

3 months prior to conception. The study included a total of 139 pregnant mothers with an overall mean age of 28±5 years ranging from 19 to 45 years. There was a slight overall reduction in the medication use including prescribed medications. However, there was a significant increase in utilization of vitamins and supplements

(84–95% vs. 12% in the 3-months prior, P<0.001) as well as herbal preparations (16–19% vs. 7% in the 3-months prior, P=0.011) throughout pregnancy (P<0.010). The use of category A medications increased in all trimester (43–52% vs. 13% in the 3 months prior, P<0.010) while a reduction in the use of category C (for first and third trimester, P<0.050) and D medications was seen. A reduction in the use of teratogenic drugs in all trimesters (P<0.010) was also observed.

It can be concluded that prescribing of vitamins and minerals was optimal. However, the common use of herbal supplements observed warrants special attention due to their unknown risks.

Biography

Intisar M Al-Riyami is a Senior Clinical Pharmacist working in Sultan Qaboos University Hospital with a five years experience in the field of hematology and Bone Marrow Transplant. She obtained her BSc in Pharmacy in 2007 from Oman Medical College, Oman, which is affiliated with West Virginia University, USA. She has received training in “The Hospital for Sick Children”, Toronto, Canada, and King’s College London (UK) (pediatric pharmaceutical care course). Her professional interest includes: Pediatrics, safety in pregnancy, and oncology/hematology. She is also interested in clinical research and currently involved in a clinical research in the area of hematology. She is involved in training junior clinical pharmacist and pharmacy students.

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