

### **How to be a good prescriber**

A doctor should consider the highest benefits of the patient. Prescription does not mean to write some drugs, it means writing the diagnosis, prescribing the best drug, advices and follow up schedule of the patient. Prescription is the main way of communication between doctor and patient.

#### **To be a good prescriber, one should follow the followings (points to be noted to be a good prescriber)**

1. Drug should be written only if it is indicated.
2. Prescription must be understandable to the patient. Instructions should be written in patient's understandable language. As for example in our country we should write prescription in Bangla.
3. Drug should be written to treat the disease, not to treat the symptom.
4. Frequency and duration of drug intake should be clearly stated.
5. Drugs administration instructions must be clear e.g. oral, per rectal, intramuscular, intravenous.
6. Always try to prescribe the drug which has no or less side effect.
7. Important side effects of any particular drug should be written alongside e.g. vomiting and vertigo may occur after taking tramadol HCl.
8. Any particular advice must be written beside the drug. Example after taking bisphosphonate patient should not lie in bed upto 30 to 45 minutes.
9. Prescribe the drugs which are available to the vicinity of the patient.
10. The drug that should be taken lifelong e.g. antihypertensive, antidiabetic drug, should be clearly mentioned.
11. Cheaper drugs (particularly that needs to take for prolonged time e.g. antihypertensive, antidiabetic) improve adherence.
12. Try to write less number of drugs that needs to take for prolonged time e.g. one antihypertensive or antidiabetic drug is better than two antihypertensive or antidiabetic drug.

13. Use fixed drug combination when need more than one antihypertensive or antidiabetic drug.
14. Consider drug-drug, drug-food interaction before writing prescription e.g. e.g. some drug absorb better in before meal and some after food intake.
15. Dietary, lifestyle modification and other advices should be clearly written.
16. When the beneficial effects of the medicine are likely to be delayed, the patient should be counseled of this e.g. DMARDs usually takes 2-3 months to be efficacious.
17. Particular caution should be taken before prescribe any drugs in case of pregnancy, lactation, old age, heart failure, patient with liver and renal impairment. It will be best if recent updated guidelines can be practiced.