



Prescribing Pattern of Analgesics for Postoperative Pain Management in a Tertiary Care Hospital: An Observational Cross-Sectional Study

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Abstract:

Postoperative pain requires appropriate analgesic therapy to provide adequate pain relief while minimizing unnecessary drug use and adverse effects. This study evaluated analgesic prescribing patterns according to drug class and patient and surgical characteristics. An observational cross-sectional study was conducted among 250 adult postoperative patients undergoing elective or emergency surgery at a tertiary care hospital. Demographic, surgical, anaesthetic, and analgesic prescription data were recorded. Analgesics were categorized as NSAIDs, opioids, NSAID-opioid combinations, and opioids with regional anaesthesia. Data were analyzed using descriptive statistics. Of 250 patients, 152 (60.8%) were male and 98 (39.2%) female. Elective surgeries accounted for 171 (68.4%) cases and emergency surgeries for 79 (31.6%); 150 (60%) procedures were major and 100 (40%) minor. NSAIDs were prescribed in 90 (36%) patients, opioids in 130 (52%), NSAID-opioid combinations in 30 (12%), and opioids with regional anaesthesia in 101 (40.4%). Opioids were the most commonly prescribed analgesic class. Analgesic prescribing showed varied utilization patterns, with opioids being frequently prescribed. Rational and individualized prescribing according to clinical and surgical requirements is important.

Keywords:

Postoperative pain, Analgesics, Opioids, NSAIDs, Prescribing pattern.