

# Tamsulosin's prescription changes in women due to health insurance policy

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## Background

The approved indication for the urinary drug Tamsulosin is only benign prostatic hyperplasia, but it is often used clinically for non-approved indications. Therefore, the Taiwan National Health Insurance Administration issued an announcement in April 2018 and did not pay for non-approved indications. Especially the use of women, this study wants to understand the changes in the prescription pattern of women for using Tamsulosin after this announcement.

## Method:

In this study, women, who had prescribed Tamsulosin in outpatient clinics from January to August in 2018, continuously used Tamsulosin for more than 28 days. Moreover, it was tracked their prescriptions from May to December 2018. Finally, it was used Excel 2007 to analyze their age, department and prescription pattern.

## Relevance to HPH :

This study reduces the use of non-essential drugs for women, avoids the occurrence of side effects, and effectively improves the safety of medication for women.

## Results:

A total of 240 people were included in the study. The main departments were 183 (76.3%) in urology, followed by 25 (10.4%) in endocrinology, 15 (6.3%) in nephrology, and 184 (76.7%) who used Tamsulosin 0.2mg, 56 (23.3%) who used Tamsulosin 0.4mg. After prescription change, a maximum patients used Terazosin of 86 (35%). Patients themselves own expensing Tamsulosin was 32 patients (13.3%), and 102 people (42.5%) who have not used related drugs again.

## Conclusions :

Accordingly to the results, the main groups are elderly, and the prescriptions are converted to similarly mechanism drugs (Doxazosin and Terazosin). However, these have higher vascular side effects such as hypotension or edema than Tamsulosin and the side effects can also be more dangerous in the elderly, and we are hoping to be reopened for safer Tamsulosin. There are quite patients who have not taken the relevant drugs again, showing that there are indeed but using the drug.