

**PATTERNS OF ANTIBIOTIC USE IN THE TREATMENT OF URINARY  
TRACT INFECTIONS AT KMTC CLINIC NAIROBI.**

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## ABSTRACT

**Background:** Lack of uniformity in drugs prescribing and the emergence of antibiotic resistance are of growing concern. These can be attributed to non adherence to recommendations for treatment of urinary tract infections (UTIs) with antibiotics.

**Objectives:** To establish the pattern of antibiotic use in the treatment of urinary tract infections at KMTC Nairobi.

**Methods ;** A Retrospective, descriptive cross- sectional survey where Record and prescriptions of previously diagnosed and treated patients above 15 years with UTIs was retrieved between April and June 2014. Information relating to patients biodata, diagnosis, antibiotics prescribed together with their during as well as any additional drugs prescribed was retrieved ,extracted and then entered into structured profoma. The data was grouped, coded, checked and cleaned for errors.Data was be analyzed using excel. A sample size of 164 subjects were considered for the study.

**Results;** the study established that out of the sample population of 164 subjects more females (68.9% compared to males (3.1% )were affected by UTI and that 75% of those affected were in the age group between 20 – 40 years old. 92.7% of the study population had a laboratory test done before prescription and it was also noted that ciprofloxacin and norfloxacin (29.3% and 26.8% respectively) were the most highly prescribed antibiotics . from the study, 51.3% did not have concurrent illness with only 7.9% having preexisting diabetes mellitus. Majority of the patients (61%) received a 7 day course of antibiotic, 23.8% received 14 day course, 14.6% a 5 day course and no patient received single dose or three day courses.

**Conclusion;** the study revealed certifiable levels of the step by step use of antibiotic in the treatment of UTIS although a long duration of therapy was observed.It revealed commendable use of diagnostic procedure prior to the prescription of an antibiotic .