



# Antibiotic Use Among Children Under 5 Years of Age in a Tertiary Care Hospital, Bangladesh

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## Abstract

Antimicrobial resistance is common in low-middle-income countries caused by inappropriate and irrational use of antibiotics in humans and animals. Bangladesh has very limited information on antibiotic use and associated resistance. This study explored the prescribing pattern of antibiotics uses among children visiting a tertiary care hospital in Bangladesh. We conducted a cross-sectional study among 400 hospitalized children less than 5 years of age from February to April, 2019, in a tertiary hospital in Bangladesh. Among the 400 children, >50% belonged to the age group for less than 1 year and >60% were male. The average hospital stay period was 3 days (range 1–14 days). The majority of the children had a history of respiratory illnesses (32.2%) and 31% had diarrhea. Most of the children (81.7%) were prescribed one or more antibiotics. The average number of antibiotics per child was 1.17. A combined form of antibiotics was prescribed in 17.43% of children. A total of 14 different antibiotics were prescribed. The most common antibiotic was ceftriaxone (62.39%), followed by azithromycin (18.65%). The parental route was mostly preferred (74.92%) for antibiotic administration. The antibiotic prescription was common in children less than 5 years of age visiting a tertiary level hospital. Most of the prescribed antibiotics were broad spectrum that can promote bacterial resistance. The study's finding is useful to draw attention to the public health policymakers for taking necessary actions on the appropriate use of antibiotics among children in Bangladesh.

**Keywords** Antibiotics · Children · Hospital · Bangladesh

## Introduction

Antibiotics are commonly prescribed drugs treating children globally [1]. The effectiveness of an antibiotic against a particular disease depends on its' proper utilization [2]. Indiscriminate antibiotic use with the inappropriate prescribing, improper spectrum, suboptimal dosages, and prolonged administration led to antibiotic resistance [3]. This situation makes the first-line antibiotics less effective and frequently triggers the use of third-generation antibiotics [4, 5].

Appropriate use of antibiotics is necessary for early recovery and to prevent bacterial resistance. Developing countries

are less conscious of the rational use of antibiotics than developed countries [6]. Antibiotics were prescribed more in Ethiopia (86%), Jordan (85%), and Sierra Leone (83%) compared to Australia (46%) and the UK (41%) [7–10]. In India, nearly about 64% of antibiotics were prescribed inappropriately with incorrect dosages [11]. Studies showed that ampicillin, amoxicillin, metronidazole, ciprofloxacin, and crystal-line penicillin were the five most commonly prescribed antibiotics and there were serious lapses in antibiotic prescription patterns in patients referred from various healthcare settings in India [12, 13].

Children are at high risk of getting infections that contribute high morbidity and mortality. In every 2min, an infant dies due to antibiotic resistance in South Asia. Acute respiratory tract infection, diarrhea, and urinary tract infections due to bacteria are common in children [14, 15]. The high incidence of infectious diseases in low-resource countries leads to use of antibiotics very often.

Although the empirical use of antibiotics is recommended, antibiotics are overprescribed. In Bangladesh, antibiotics are widely available and people can purchase antibiotics very easily from the pharmacy without showing a prescription from a

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registered physician. In most cases, antibiotics were not prescribed following the World Health Organization (WHO) guideline [16]. Antibiotics can cause adverse drug reactions (ADRs) to the patients [17]. Currently, no national guideline is available for antibiotic use. Many doctors in Bangladesh are prescribing antibiotics without taking into consideration of the clinical test in most cases. Despite the doctor's suggestion, many patients did not complete the full dosage regimen of antibiotics in cold and fever or even in other complicated infectious diseases [18]. Prescribing more than one antibiotic was not uncommon [19]. Cephalosporins, macrolides, quinolones, and carbapenem were commonly prescribed to treat patients [20]. Many patients (63%) are visited and treated by quacks known as "village doctors" and they have no or very limited understanding of antimicrobial resistance [17]. These factors together may promote antimicrobial resistance in humans in Bangladesh. Although many studies explored antibiotic use pattern in all age group of hospitalized patients, information about antibiotic practices in children under 5 years of age remains limited. More information about the pattern of antibiotics in children at high- and low-resource settings will help policymakers and health professionals to update and enforce antibiotic use guideline. This study explored the antibiotic use patterns among children under 5 years of age visiting a tertiary care hospital, Bangladesh.

## Methods

We conducted a cross-sectional study in the Sher-E-Bangla Medical College Hospital in Barishal, Bangladesh, from February to April 2019 (Fig. 1). Barishal is located on the southwestern tip of Bangladesh and approximately 200 km away from the capital city Dhaka. This government hospital has 1000 beds, and around 1500 patients are getting treatment in the indoor daily and the bed occupancy rate is around 150% [21].

We enrolled a total of 400 children under 5 years of age conveniently who had a history of illnesses and visited the study hospital to get treatment. We visited the pediatric ward to select the study participants. Before data collection from children, we took written consent from their parents. A structured questionnaire was used to collect data on the demographics and clinical characteristics of selected children. We interviewed parents and observed prescription to collect data. The questionnaire included but was not limited to the type of antibiotic use, generic name, dosages, daily dosages, frequency, duration, strength, and route of administration. We reviewed the most recent prescription of each selected patient to collect information on antibiotic use. We considered a number of criteria for analyzing the prescriptions that include the following: the presence of antibiotics, the number of

prescriptions containing multiple antibiotics, class of antibiotics, dosage forms, and the combination of other drugs.

## Statistical analysis

We performed a descriptive analysis to estimate the mean, standard deviations, and range values for continuous variables: percentage, 95% confidence interval, and *p*-value for categorical data. Fisher's exact test was used to measure the significant differences in the proportion of a variable among the groups. STATA 13 version was used for data analysis.

The research protocol was reviewed and approved by the Research Review Committee (RRC) of Department of Food Microbiology, Patuakhali Science and Technology University, Patuakhali, Bangladesh.

## Results

All 400 selected children were sick and visited the hospital for treatment. Of the 400 children, 245 (61%) were male with the mean age of 20 months (range 1–59 months). The average body weight of children was 9 kg (range 2–30 kg). During the hospital visit, 129 (32.25%) children suffered from respiratory illnesses and 124 (31%) had diarrhea. The average hospital stay period was 3 days (range 1–14 days) (Table 1). The majority of the children's fathers' professions were day labor (45%) and 66% of their family income remained between 10,000 and 20,000 BDT (Bangladesh Taka). More than 70% of children went to a laboratory for diagnostic purposes.

All children were prescribed one or more medicines during our visit. Among the 400 children, 157 (40.78%) were suggested for three types of medicine, 104 (27%) were suggested for two types of medicine, and 15 (3.75%) were given only normal saline. At least an antibiotic was prescribed for 327 (81.75%) patients; 270 (82.56%) of them were suggested for a single type of antibiotic and 57 (17.43) of them were suggested for two types of antibiotics (Table 2). A total of 14 different antibiotics were prescribed. The average number of antibiotics per child was 1.17. The majority ( $n=245$ , 74.92%) of the prescribed antibiotics were injectable form. Ceftriaxone ( $n=204$ , 62.39%) was prescribed mostly followed by azithromycin ( $n=61$ , 18.65%), amikacin ( $n=15$ , 4.59%), cefepime ( $n=15$ , 4.59%), and ciprofloxacin ( $n=14$ , 4.28%) (Fig. 2). Among the children with diarrhea, azithromycin ( $n=48$ , 58.53%) was preferred mostly followed by ceftriaxone ( $n=21$ , 25.06%) and ciprofloxacin ( $n=8$ , 9.75%). Ceftriaxone was mostly prescribed to treat respiratory illness, fever, and other illnesses (Table 3). The variation of prescribed antibiotics to treat different clinical illnesses was statistically significant ( $p < 0.0001$ ).

**Fig. 1** Location of study hospital in Bangladesh map



## Discussion

This study explored the prescribing patterns of antibiotics among children in a tertiary care hospital, Bangladesh. Antibiotics were frequently prescribed to treat the children who were mostly suffered from respiratory illnesses, diarrhea, and fever. A similar pattern of antibiotics use was reported from India (91.6%), Ethiopia (86.4), Sierra Leone (74.8%), Papua New Guinea (53%), and South Africa (73.5%) [7, 8, 22–24]. However, the antibiotic prescription rate was decreased in children in the USA and Canada [25, 26]. In Bangladesh, previous studies also identified a high antibiotic use rate in pediatric patients to treat pneumonia and diarrhea [20, 27, 28]. In Bangladesh, physicians often do not prescribe antibiotics by adopting the antibiotics prescribing guidelines. Consequently, antibiotics are often irrationally administered

here to give patients a fast relief without considering the state of the patient's illness [18]. The higher prescription rate of antibiotics in this study could be due to the patient's age, clinical characteristics, insufficient diagnostic facilities, poor awareness of antibiotic resistance, weak monitoring by drug authority, geographical location, and patient demand.

The average number of antibiotics per child was 1.17. Studies showed similar findings: the average number of antimicrobial 1.3 per pediatric patients in India and 1.82 antibiotics per patient in Iran [29, 30]. Though antibiotics prescription was common in Bangladesh, doctors prescribe a single antibiotic for most pediatric patients. The study did not study the specific reason for using a single antibiotic. We found that three-fourth of antibiotics were administered through a parental route which was similar to the findings in Nepal (75%), India (84.1%), and Ethiopia (86%) [7, 31, 32]. This preference

**Table 1** Demographic and clinical characteristics of children, Sher-E-Bangla Medical College Hospital, Barishal, Bangladesh, 2019 ( $n=400$ )

Parameters	Category	Number of children (%)
Age	≤ 12 months	212 (53)
	13–24 months	66 (16.5)
	25–36 months	44 (11)
	37–48 months	35 (8.75)
	49–60 months	43 (10.75)
Gender	Male	245 (61.25)
Duration of hospital stay (day)	1 day	100 (25)
	2 days	114 (28.5)
	3 days	60 (15)
	4 days	50 (12.5)
	≥ 5 days	76 (19)
Clinical characteristics	Respiratory illnesses	129 (32.25)
	Diarrhea	124 (31)
	Only fever	81 (20.25)
	Others	66 (16.5)

happened because of the administrative difficulties of the oral form of antibiotics to children below 5 years of age. According to the WHO guideline, injectable forms of drugs should not be prescribed more than 10% of the total prescription [33].

Inappropriate use of antibiotics may continue the emergence of antimicrobial resistance globally [34–36]. Our study observed that doctors predominantly prescribed ceftriaxone to treat children. Doctors mostly preferred broad-spectrum antibiotics than narrow spectrum antibiotics. Multiple studies from Bangladesh also reported a high rate of ceftriaxone use to treat all age groups of patients [18, 20, 28, 37]. However, cephalosporins group antibiotics were less commonly prescribed in other countries. Penicillin G (20%) was prescribed mostly in Ethiopia and ceftriaxone (6%) was prescribed less

[7]. In developed countries, the pattern of antibiotic use was different. Narrow and broad-spectrum penicillins (41.54 %) were most frequently used to treat children in Germany [38]. In the USA, doctors recommended first-line penicillins as the agent of choice in children. In 2000, the use of penicillins was accounted for 59% of total antibiotics [25]. In Canada, the prescription rate of penicillins was highest for treating upper respiratory tract infections, acute otitis media, and bronchitis in children [26]. Another study reported similar findings in which physicians mostly prescribed first-line penicillins in Germany, Italy, South Korea, Norway, Spain, and the USA [39]. From this study, we found substantial differences in antibiotics use in Bangladesh and developed countries.

The association between antibiotic prescribing and resistance is complex. In Bangladesh, Enterobacteriaceae isolates

**Table 2** Pattern of antibiotic prescribed by age and illnesses in children, Sher-E-Bangla Medical College Hospital, Barishal, Bangladesh, 2019 ( $n=400$ )

Parameters	Number of children suggested for antibiotic (%)		<i>p</i>
	Yes	No	
Age	≤ 12 months	175 (43.75)	0.809
	13–24 months	51 (12.75)	
	25–36 months	35 (8.75)	
	37–48 months	30 (7.5)	
	49–60 months	36 (9)	
Clinical characteristics	Respiratory illnesses	125 (31.25)	<0.0001
	Diarrhea	82 (20.5)	
	Only fever	67 (16.75)	
	Others	53 (13.25)	

**Table 3** Name of the prescribed antibiotics by clinical illnesses, Sher-E-Bangla Medical College Hospital, Barishal, Bangladesh, 2019 ( $n=327$ )

Types of antibiotic	Number of children with respiratory illnesses (%)	Number of children with diarrhea (%)	Number of children with only fever (%)	Number of children with other illnesses (%)	Total number (%)	Overall $p$ value
Ceftriaxone	103 (31.49)	21 (6.42)	47 (14.37)	33 (10.09)	204 (62.38)	<0.0001
Amikacin	5 (1.52)	-	4 (1.22)	6 (1.83)	15 (4.58)	
Azithromycin	4 (1.22)	48 (14.67)	5 (1.52)	4 (1.22)	61 (18.65)	
Cefepime	7 (2.14)	2 (0.61)	6 (1.83)	-	15 (4.58)	
Ciprofloxacin	1 (0.3)	8 (2.44)	1 (0.3)	4 (1.22)	14 (4.28)	
Flucloxacillin	2 (0.61)	-	2 (0.61)	-	4 (1.22)	
Cefixime	1 (0.3)	-	1 (0.3)	3 (0.91)	5 (1.52)	
Ceftazidime	2 (0.61)	-	-	-	2 (0.61)	
Vancomycin	-	-	1 (0.3)	-	1 (0.3)	
Cefuroxime	-	1 (0.3)	-	-	1 (0.3)	
Metronidazole	-	2 (0.61)	-	-	2 (0.61)	
Gentamicin	-	-	-	3 (0.91)	3 (0.91)	

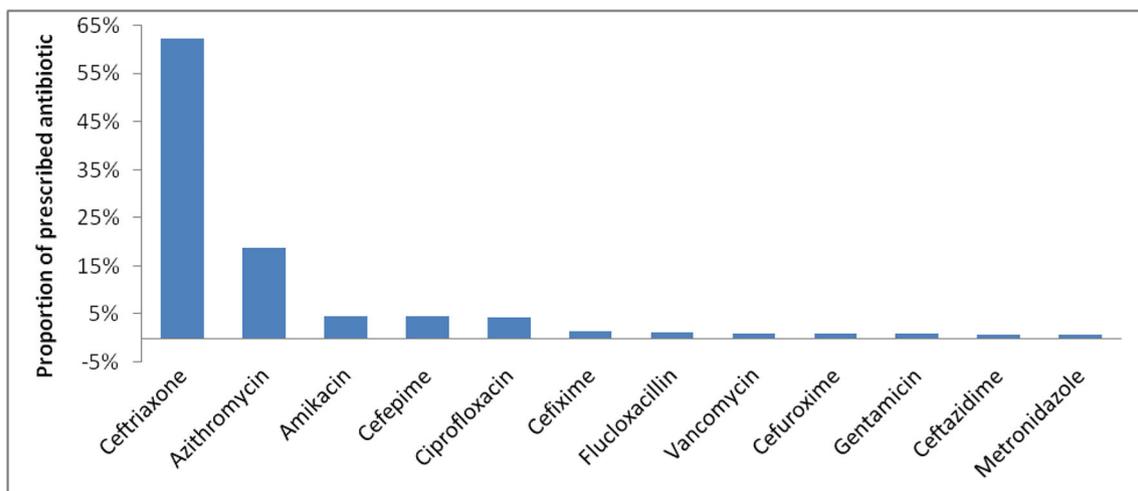
showed higher resistance against streptomycin (78%) and ampicillin (72%) in children [40]. *Escherichia coli* showed high resistance against ampicillin (95%), amoxiclav (67%), ciprofloxacin (65%), and co-trimoxazole (72%). Penicillin (90%), ampicillin (84%), co-trimoxazole (43%), and amoxicillin (64.3%) developed resistance against *Staphylococcus aureus* [4]. The excessive use of broad-spectrum antibiotics in children may increase the risk of antimicrobial resistance in Bangladesh. Regular monitoring is necessary to obtain updated information on the prevalence of antibiotic use and drug resistance.

This study has a few limitations. Due to the limited resources, we conducted this study for a short period of time with small sample size. We collected data only from a government hospital located south-central part of Bangladesh and we used convenient sampling for patient enrollment.

Therefore, this study finding might not be generalized for other private and general hospitals.

## Conclusions

The findings of our study suggest that antibiotics were frequently prescribed in children visiting the hospital. Increased prescription of antibiotics may occur due to the higher incidence of bacterial infection among children. Increased use of third-generation cephalosporin can lead to develop resistance against extended spectrum beta lactamase (ESBL)-producing organisms. Physicians should be more careful about using of first-line antibiotics among children considering the increasing antimicrobial resistance pattern. This study's findings may



**Fig. 2** Proportion of prescribed antibiotics among children under 5 years of age ( $n=327$ )

be useful to the policymakers and health professionals in developing a national antibiotic use guideline in Bangladesh.

**Authors' contribution** Rajib Sarker, Md Shafiqul Islam Khan, and Sukanta Chowdhury have made substantial contributions to the conception or design of the work, or the acquisition, analysis, and interpretation of data for the research work. Rajib Sarker, Md Shafiqul Islam Khan, Md Abu Tareq, Sumon Ghosh, and Sukanta Chowdhury have drafted and revised the manuscript.

**Data Availability** All data are available and can be shared upon request with proper justification.

## Declarations

**Ethics approval and consent to participate** The Research Review Committee of Department of Food Microbiology, Patuakhali Science and Technology University, reviewed and approved the protocol.

Written consent was obtained from parents of the selected children.

**Consent for publication** All authors approved the manuscript for publication.

**Conflict of interest** The authors declare no competing interests.

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