

1 Handwritten to Electronic Prescriptions: Emerging Views and Practices, 2 Saudi Arabia

3 4 Abstract

5 **Background:** There has been little research on electronic prescribing (EP) in Middle Eastern
6 countries. This is in part due to the slow implementation of electronic health records [EHR]
7 integrated with EP. Electronic prescribing is associated with a considerable reduction in
8 medication errors compared to handwritten prescriptions. **Objective:** This paper reviews the
9 relevant literature on handwritten and EP in the Kingdom of Saudi Arabia, as well as focusing on
10 global issues including problems related to handwritten prescribing, the role of EP in mitigating
11 these problems, the functions of the EHR system with EP, ways of implementing EP, and
12 identifying potential barriers and challenges in the Middle Eastern region. **Search Strategy:**
13 Computer searches of PubMed and Google Scholar were conducted using the keywords
14 “handwritten prescription,” “pen and pencil prescription,” “medication prescribing,”
15 “medication errors,” “electronic prescribing,” and “electronic medical records.” These keywords
16 were combined with ‘mechanisms’, ‘standards’, ‘advantages’, ‘disadvantages’, ‘challenges’,
17 ‘plan’, and ‘opportunities’ with the objective of comprehensively retrieving the peer-reviewed
18 articles published in English language journals on this subject. A total of 101 studies were
19 included in this work. **Methods:** Two of the authors of this work retrieved and reviewed 101
20 papers that met our inclusion criteria. Any disagreements were resolved by a consensus of all
21 three authors. **Results:** There were more articles on handwritten prescriptions that involved
22 illegible writing that resulted in medication errors than articles on EP due to a lack of research
23 and slow implementation of EHR system in the Middle East. At global level, e-prescribing that
24 was supported by well-defined standards and careful implementation was associated with a
25 reduction in serious medication errors, morbidity, mortality, and service cost, as well as an
26 increase in work flow efficiency, a higher quality of healthcare service delivery, and greater
27 satisfaction of both healthcare providers and consumers. Electronic prescribing is now being
28 practiced in many major medical centers and specialist hospitals not only in KSA but also in
29 other countries of the region. However, there remains a need to implement EP systems in
30 hospitals, primary care outpatient settings, and throughout the private health sector where it is
31 missing. **Conclusion:** It is time for the widespread adoption of EP, EHR, and health informatics

32 systems across Middle Eastern countries including KSA, as well as for systematic research to
33 evaluate their effectiveness.

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35 **Keywords:** Handwritten prescription, electronic prescribing, electronic prescribing systems,
36 electronic health records, medication errors, Saudi Arabia

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42 **Introduction**

43 Healthcare information technology has globally advanced medication prescribing by substituting
44 paper-prescriptions with electronic prescribing, even though both types of prescriptions are
45 associated with medication errors. Medication errors are unintentional errors that tend to occur
46 during prescribing, dispensing and administration phases of a medication while under the control
47 of a healthcare provider or a consumer. Most of medication errors are preventable. However,
48 medication errors associated with serious adverse events contribute significantly to morbidity
49 and mortality, poor quality of care, huge medical costs and poor outcomes [1]. Medications
50 errors are caused both by handwritten and electronic prescriptions, although the former leads to a
51 higher prevalence of medication errors and adverse events, due especially to the illegible
52 handwriting of the prescriber [2]. This paper addresses a number of interconnected issues related
53 to both types of prescribing: 1) problems with handwritten prescribing; 2) the role of electronic
54 prescribing in mitigating these problems; 3) the functions of electronic health record systems
55 with electronic prescribing imbedded within them; and 4) mechanisms of implementing
56 electronic prescribing in Saudi Arabia with a further focus on identifying potential barriers and
57 challenges.

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59 **Scope of this review**

60 The present review focuses on EP in Saudi Arabia and other Middle Eastern countries. EP is
61 now being practiced in many major medical centers and specialist hospitals in KSA. However,
62 further efforts are needed to expand EHR and electronic prescribing systems in other major

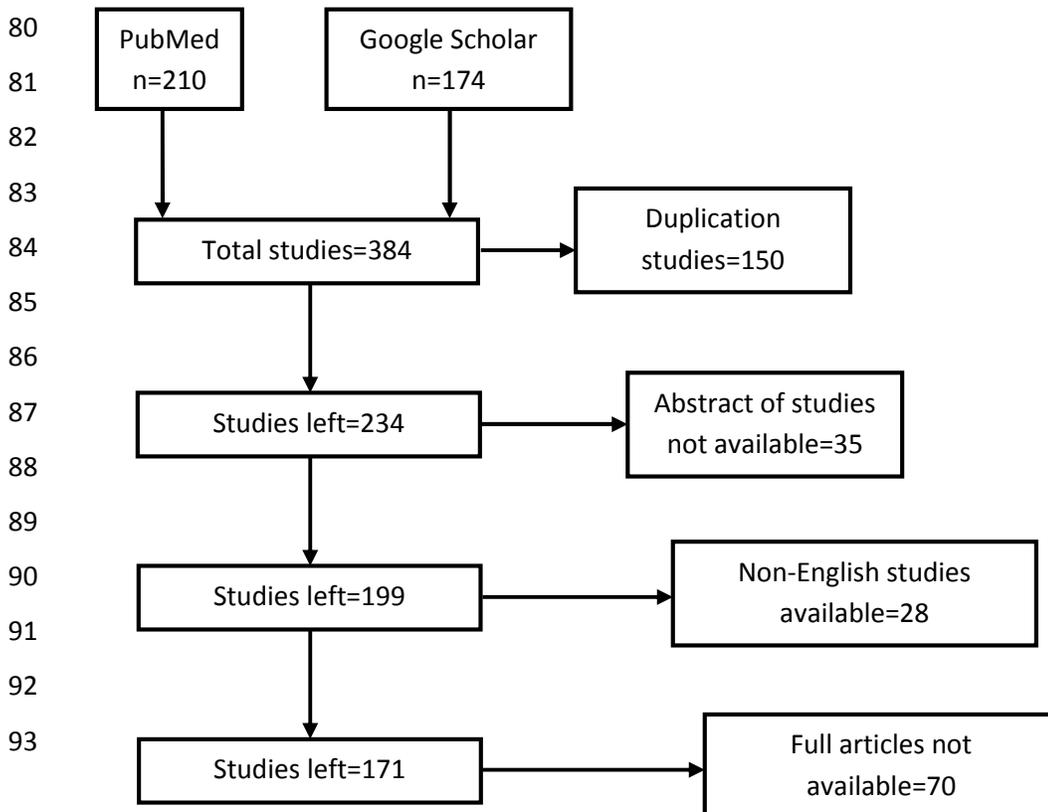
63 hospitals, primary healthcare centers, and private clinics and hospitals. As has occurred in the
64 European Union [3], we hope that EHR systems with EP will be implemented over time
65 throughout all Middle Eastern countries. This paper seeks to inform healthcare policy makers
66 and encourage them to more widely implement EPS either as a standalone system or embedded
67 within EHR [4].

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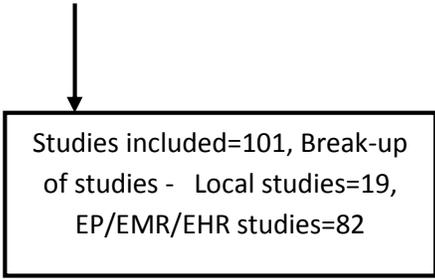
69 Search Method

70 Computer searches of PubMed and Google Scholar (1980-2013) were conducted using the
71 keywords “handwritten prescription,” “pen and pencil prescription,” “medication prescribing,”
72 “medication errors,” “electronic prescribing,” and “electronic medical records.” We also used a
73 strategy in which two words were combined to retrieve the peer-reviewed articles published in
74 English language journals. The words combined with key words included mechanisms,
75 standards, advantages, disadvantages, challenges, plan, and opportunities. In addition, we
76 carried out hand search of English journals to identify handwritten and electronic prescribing
77 studies. Based on our inclusion and exclusion criteria, a total of 101 studies were retained in this
78 review [Figure 1].

79 **Figure 1 Flow chart of selected studies**



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Results

Computer searches using PubMed and Google Scholar were conducted to identify relevant articles published in local and international English journals. We identified a total of 384 articles [Figure 1]. Duplication of studies across the two databases were 150, which were excluded. We did not consider studies whose abstracts were not readily accessible (n=35). We also excluded studies published in non-English journals (n=28). Studies with no full texts [n=70] were also excluded from this work. International peer-reviewed articles [n=82] that mainly focus on the mechanisms, standards, principles, advantages, disadvantages, benefits, costs and pitfalls of electronic prescribing and electronic health records were retained. Notably these studies were mainly from Western countries. We further retained those papers that explored handwritten prescriptions and e-prescribing in Saudi Arabia and other Middle Eastern countries (n=19). We focused on meta-analytic studies, systematic qualitative and quantitative reviews, randomized clinical trials, cross-sectional studies, and a few detailed case studies. Thus, a total of 101 studies were included in this review [Figure 1]. Two of us (NAQ & AMB) reviewed these studies and any arising disagreement about the inclusion of a study was resolved by three of us (NAQ, AMB & HGK).

Handwritten Prescribing

Writing prescriptions by hand is the predominant method of prescribing drugs in healthcare systems of Middle Eastern countries. A number of studies conducted between 1980 and 2005 mostly in primary healthcare settings have explored the different aspects of handwritten prescriptions in three healthcare settings in the Kingdom of Saudi Arabia (KSA) [5-14]. These studies offer a historical background on handwritten drug prescribing as it relates to both non-psychiatric [5-14] and psychotropic medications [15-16]. In a primary health care (PHC) study,

125 Khoja et al focused on four types of prescribing errors, finding that prescribing to relieve
126 symptoms was the major reason for prescribing medications [8]. The number of drugs written
127 per prescription was 3.2, which differed from other studies [6-7, 12] and was attributed to study
128 sample size and other methodological issues. In contrast to these studies [7-8, 12], Al-Nasser
129 reported a higher number of drugs per prescription written to the clients in Al-Baha city [6]. In
130 Bahrain, Al Khaja and colleagues explored three types of prescribing medication errors and
131 offered recommendations including training to improve the prescribing skills of health
132 professionals [17]. Researchers in Iran found that general practitioners often overprescribed
133 medications [18], and in Jordan, Otoom and colleagues reported that physicians overprescribed
134 antibiotics and under-prescribed generic drugs [19]. Furthermore, all of these studies provided
135 recommendations to further improve the overall quality of prescribing in PHC. In a study of
136 informed self-medication that substantiated earlier findings [11,20], Bawazir reported that
137 analgesics/antipyretics and dermatological drugs were the most commonly dispensed over-the-
138 counter (OTC) drugs, while antibiotics were the most common drugs dispensed through
139 handwritten prescriptions [9]. In addition, physicians often engaged in polypharmacy, and this
140 prescribing pattern was similar in hospital outpatient clinics and in PHC. Bawazir recommended
141 that regulations related to the sale of drugs be enforced and that a list of medications sold OTC
142 be developed. In the KSA, Al-Faris and Al-Taweel found that the most frequently handwritten
143 prescribed drugs were antihistamines (25%), paracetamol (20.3%), and antibiotics (14.7%) [21].
144 In more than 50% of prescriptions, the diagnosis was upper respiratory infection for which
145 antibiotics (26%) and antihistamines (28%) are the usual treatments. This study recommended
146 the training of both patients and doctors regarding the benefits of treatment and the importance
147 of adherence.

148 In summary, the key findings of these studies [5-21] were that: 1) there is inadequate
149 documentation in prescribing (omission errors); 2) the prescription of drugs is one of the most
150 important factors in the rising cost of health care services; 3) most patient visits in healthcare
151 settings end up with a drug being prescribed (often involving overprescribing); 4) doctors and
152 pharmacists need continuing education in the area of appropriate drug prescribing drugs
153 (prescribers not well trained); 5) informed self-medication could be appropriate and cost-
154 effective; 6) there is need for patient education on the benefits of drug treatments especially in
155 the management of chronic diseases (patient health literacy low); 6) more audits of the

156 prescribing habits of professionals are needed (the findings of these audits should be fed back to
157 the professionals to improve the quality of prescribing); 7) brief intensive courses on mental
158 health disorders are necessary for enhancing physicians' skills both in terms of identifying
159 disorders and prescribing appropriate psychotropic medications ; and 8) there is a need for
160 future studies assessing different aspects of prescribing errors, clinical as well as non-clinical.
161 None of these reports recommended the implementation of electronic prescribing (EP) in the
162 KSA healthcare system, although handwritten prescriptions are associated with more than twice
163 the medication errors, higher morbidity and mortality, decreased workflow efficiency and quality
164 of care, poorer medical outcomes, decreased patient and health providers satisfaction, and
165 increased costs as compared to electronic prescriptions [22-24]. Although these problems of
166 handwritten prescriptions have not been discussed extensively in KSA, research in the Western
167 world on handwritten prescriptions largely supports our observations here. There is now a large
168 volume of literature on physicians' prescribing and handwritten prescriptions in the western
169 world [25-27] where currently electronic prescriptions are nearly uniform with a significant
170 decrease in the problems related to non-electronic prescribing.

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172 **Local e-Prescribing Scenario**

173 Few studies have explored EP in the KSA and only indirectly. One study has reviewed the
174 implementation of electronic health records (EHRs) [28]. Another study has qualitatively
175 explored clinicians' perceptions of computerized physician order entry (CPOE) system in the
176 intensive care unit of a leading health care organization [29]. In the latter study, researchers
177 surveyed 43 clinicians to assess perceptions regarding 32 factors collected from the literature
178 related to the successful implementation of the CPOE system [29]. The factors most critical for
179 success were as follows; 1) the provision of training prior to system implementation, 2) adequate
180 clinical resources during implementation and 3) allowing sufficient time for ordering.
181 Researchers concluded that the benefits expected were much higher than the risks and that CPOE
182 reduced medication errors (MEs) and improved quality of care. Two recent surveys about the
183 hospital pharmacy practices in Saudi Arabia found that about one-third (34.5%) of hospitals have
184 CPOE systems with clinical decision-support systems (CDSSs) and over half (51.9%) have
185 EMR/EHR system in place [30]. For medication dispensing, 21% of hospitals routinely use bar
186 coding technology with automated dispensing cabinets, and for medication administration, 33%

187 use electronic medication administration records (eMARs), 7.4% have bar-code-assisted
188 medication administration (BCMA), and 12% have smart infusion pumps [31]. According to
189 this research, hospital pharmacy practices including prescribing, transcribing, dispensing, and
190 administration are all well developed. Among recommendations made was the use of health
191 informatics including robotic drug dispensing [32]. Both e-prescribing and robotic dispensing of
192 drugs has been shown to substantially reduce medication errors [32, 33].

193 **E-Prescribing System – a troubleshooting tool**

194 In contrast to the problems associated with handwritten prescriptions, electronic prescribing (EP)
195 has brought significant changes to how drugs are efficiently prescribed and monitored [34].
196 Electronic prescribing systems (EPSs) have been subject to clinical trials and then implemented
197 in high income countries, which has resulted in improved clinician prescribing practices,
198 increased patient safety, and improved monitoring of patients with multiple illnesses taking large
199 numbers of medications [35,36,37]. Healthcare information technology (HIT) has opened up an
200 exciting frontier that has the potential to tremendously improve the care and safety of patients,
201 substantially reduce medication errors (MEs) and adverse drug events, decrease morbidity and
202 mortality, and decrease long- and short-term health care costs [38-42]. Computerized physician
203 order entry, for example, is a powerful method that has been used to advance and refine the
204 process of prescribing medications across all levels of healthcare in high income countries and
205 upper middle income countries [34,43]. Standalone EPSs or those embedded in EHR systems
206 have the potential to empower prescribers, patients, and pharmacists to reform the quality of
207 pharmaceutical care and improve workflow efficiency [34,44,45]. EPSs help to prevent MEs,
208 lower the incidence of MEs, lower morbidity and mortality, lower re-admission rates; reduce the
209 number of ME-related claims; and increase the prescription of more affordable medications
210 (generics), EPSs also improve communication about medications, support of clinical activity
211 through interaction with knowledge sources, improve clinical decisions at the point of
212 prescribing and administration, enhance patient safety, and most importantly, improve the cost
213 and quality of services provided to patients. When EPSs are implemented, health providers and
214 managers tend to experience higher job satisfaction and there is improvement in work
215 performance. Furthermore, the work atmosphere is less stressful and there is more cooperation
216 and communication between professionals, technical staff, and patients [4, 44, 46]. There have
217 also been reports, however, that EPSs increase the rate of some MEs [4]. As a result,

218 recommendations have been made to improve EPSs with even better systems [4, 46]. Commonly
 219 used terminology in relation to MEs, including electronic prescribing, are summarized in Table
 220 1.

221 **Table 1** Definitions of medication errors (MEs) and electronic prescribing (EP)

Terms	Definition
Adverse drug event (ADE)	Any injury due to medication, including known and expected injuries of medications; unavoidable but preventable. Such as drowsiness from diphenhydramine and an anaphylactic reaction to penicillin
Adverse drug reaction (ADR)	Harmful, unintended reactions to medicines that occur at doses normally used for treatment are called adverse drug reactions. ADRs are preventable and classified as Type A to Type G . Type A predictable and dose-dependent whereas Type B unknown and need to be identified and communicated quickly. Type B usually idiosyncratic and unpredictable. Other types of ADR include Type C (chronic effects), Type D (delayed effects), Type E (end-of-treatment effects), Type F (failure of therapy) and Type G (genetic reactions). Examples include respiratory depression with opiates and liver toxicity with troglitazone
Electronic Prescribing	Includes two-way transmissions between point of care and dispenser; a prescriber’s ability to electronically send a prescription directly to a pharmacy from point of care; and transmission of prescription and/or related information between prescriber, dispenser, pharmacy benefit manager, and health plan, either directly or through an intermediary using an electronic system. These functions can be performed using single-purpose software or EP functionality imbedded in EHRs.
Error	The failure of a planned action to be completed as intended or the use of an incorrect plan to achieve an aim. An error may be an act of commission, an act of omission, or both
Prescription fill status	Indicates whether prescription is filled, not filled, or partially filled; includes providers, patient, and drug aspects of SCRIPT message. Not yet generally used
Medication Error	Any error occurring during the prescribing, dispensing, or administration of medication. Preventable and inappropriate use of medication or any preventable event – potential or actual – that may cause or lead to inappropriate medication use or patient harm while the medication is in the control of the health care professional or patient. “Potential errors” not considered ADRs or ADEs – they are reports of possible medication errors (Near misses or close calls). “Actual errors” may or may not reach the patient. MEs that reach the patient either cause harm or no harm.
Source: 47-49	

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223 **Electronic prescribing: standards and principles**

224 Electronic prescribing (EP) is defined as the transmission of prescription or prescription-related
 225 information by electronic means between a prescriber, dispenser, pharmacy benefit manager, or

226 health plan, either directly or through an intermediary such as an EP network. EP includes two-
 227 way transmissions between the point of care and the dispenser [50]. In the U.S., the Medicare
 228 Modernization Act of 2003 advocated for EP standards and supported the electronic transmission
 229 of prescriptions and the electronic transmission of information on eligibility and benefits in terms
 230 of drug formulary, prior authorization messages, and patient instructions [51-52]. Moreover, A
 231 Clinician’s Guide to Electronic Prescribing (2008) noted that a qualified EPS must be capable of
 232 performing all of the following functions: 1) generating a complete active medication list
 233 incorporating electronic data received from applicable pharmacy drug plans if available; 2)
 234 selecting medications, printing prescriptions, electronically transmitting prescriptions and
 235 conducting all safety checks including automated prompts that offer information on the drug
 236 being prescribed, potential inappropriate dose or route of administration, drug–drug interactions
 237 (DDIs), allergy concerns, and/or warnings or cautions; 3) providing information related to the
 238 availability of lower cost alternative medications; and 4) providing information on formulary or
 239 tiered formulary medications, patient eligibility, and authorization requirements received
 240 electronically from the patient’s drug plan [53]. If these functions are performed accurately by an
 241 EPS, this will result in a considerable reduction of MEs, improving patient safety and quality of
 242 healthcare [54]. Furthermore, EPSs have immediate benefits in terms of improved quality and
 243 safety of prescribing, as well as providing more cost-effective medication options for patients
 244 and improving ambulatory care workflow [52-53, 55]. EPSs have standards (Table 2) and
 245 principles (Table 3) that guide ethical, technical, policy, and financial developments in this field.
 246 Stakeholders often utilize these fundamentals of EPSs as they develop strategic and tactical
 247 initiatives on EP [55-57]. One study found that physicians who used EP endorsed EP as
 248 improving patient safety but did not perceive benefits from using standardized Medication
 249 History (RxH) transaction or formulary and benefit information [58]. Therefore, researchers
 250 called for more studies of these standards in application to determine how to maximize the
 251 benefits of such systems [58].

252 **Table 2** Electronic prescribing standards.

Standard	Remarks
Medication history*	Provides a uniform information about drugs used by the patient for healthcare providers that is useful in preventing medication errors as well as understanding medication management adherence

Formulary and benefits*	Provides prescribers with information about a patient's drug coverage at the point of care, which may include drugs on formulary, alternative drugs not on formulary, rules for prior authorization (PA), and step therapy, and the cost to the patient for one drug option versus another. Prescription of generic drugs is encouraged because of cost issues.
Prescription fill-status notification*	Intends to notify the prescriber about whether a patient has collected a prescribed medication at the pharmacy, thus following-up patients with poor drug adherence
Prior Authorization**	Insurers require patients in consultation with physicians to receive approval from the latter before certain drugs will be covered, hence streamlining process to communicate the need for PA directly to the prescribers and allow prescribers to send the necessary information along with the prescription
Structured and codified signature**	Seeks to ensure that patient instructions for taking medications (called "signatura") – such as "by mouth three times a day" – are placed at the end of a prescription
RxNorm	Provides standards for the name, dose and form of available drugs that need further refinement and evaluation before being deployed in a live setting
SCRIPT (v 8.1)	Intends to improve prescribing workflow and prescriptions that need revision and modification updates without needing to create a new order; allows for a refill to be sent from the facility to the pharmacy without the physician's intervention; and allows patient information to be updated outside the context of a prescription

Ref: 55-58,

Notes: *Standard recommended by evaluation team; **Standard not recommended by evaluation team.

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255 Policymakers have divergent views about EP, including that it merely involves e-prescriptions
 256 sent and received electronically, that it is associated with higher quality of healthcare, and that it
 257 promises healthcare at lower cost [59]. EPSs use several measures for increasing the safety and
 258 convenience of prescribing: electronic prescribing, e-refilling (the electronic transmission of
 259 refill requests and authorizations), making prescription history available across multiple
 260 providers , providing information about eligibility, availability of drugs on the formulary, and
 261 vendor’s commitment to customer support, and bidirectional data transmission between
 262 physicians, pharmacies, insurers, and other stakeholders [59].

263 **Table 3** Electronic prescribing (EP) principles.

It is believed that widespread adoption of EP can provide many benefits; for example: improved medication safety, enhanced practice efficiency, cost savings, more effective medication management, increased patient adherence, and improved integrity of the prescribing process
All health care stakeholders should collaborate to encourage widespread adoption and optimal use of standards-based EP through: appropriately aligned incentives to support effective use of the technology in diverse practice settings; collaborative development and delivery of innovative programs, education resources, training, and support; efficiencies in workflow for the physician and pharmacist in diverse practice settings; and connectivity and tools to facilitate medication reconciliation, formulary and medication history information, and transmission
EP system design and/or the implementation of EP should: enhance the patient–clinician relationship by providing more comprehensive clinical information at the point of care; preserve the patient’s choice of pharmacy; facilitate the clinician’s informed choice of medication; and be part of an integrated plan toward full implementation of an electronic health record (EHR) system
Both EHRs and stand-alone EP may be utilized to realize the functionality and benefits of EP. Overall quality of care can be enhanced by implementation of EP that is integrated within an HER
Consumer organizations, providers, pharmacists, payers, and educators should help patients understand and experience the benefits of EP. Informed patients will play an important role in encouraging providers and pharmacists to use EP
Ref: 55-57

264

265 E-prescribing and EPS programs are associated with improved health care to patients [34]. These
 266 systems provide electronic health records (EHRs) for health organizations that establish links
 267 from primary to tertiary care [55, 59-60]. EPSs also allow access to health information about the
 268 relevant healthcare activities for each individual patient. Accordingly, EPSs have a major role in
 269 supporting a patient’s treatment with the correct medications wherever they may be treated. EP
 270 provides information about treatment to any health professionals who need that information and

271 whenever they need it, provided they have the legitimate right to access that information. EPSs
272 also offer online access, at the point of need, to relevant knowledge and clinical decision support
273 systems (CDSSs). Thus, important features of EPSs include provision of access to prescriptions
274 in multiple locations by multiple system users; automatic or semiautomatic stock control; legible
275 prescription production; provision of access to medication records; reminders and alerts,
276 including those relating to formulary choice, to support prescribers at the time of prescribing;
277 support for medicine administration; and note-making abilities to support communication
278 between all health care workers caring for a patient [59-60]. Researchers have identified several
279 mechanisms involved in EP [58].

280 **Advantages of e-Prescribing**

281 According to the Institute of Medicine, preventable medication errors result in at least 1.5 million
282 adverse drug events (ADEs) and claim more than 7000 lives each year. Medical errors result in
283 44,000 to 98,000 deaths annually. ADEs due to medication errors within hospitals are associated
284 with 770,000 injuries or deaths each year in the U.S. [52-53, 61]. EP reduces MEs and improves
285 patient safety by eliminating illegible prescriptions and providing virtual real-time checking for
286 drug-drug interactions (DDIs), drug allergies, dosing errors, and therapeutic duplications [55]. In
287 addition, real-time checking of drug formularies can reduce cost and improve work efficiency by
288 minimizing pharmacy telephone callbacks [55]. According to one study, the average reduction in
289 pharmacist labor costs from EP was about \$0.97 USD for each new prescription and \$0.37USD
290 for each renewed prescription [56]. Hence, the Institute of Medicine recommended that EP
291 should be used globally by all prescribers and pharmacies by 2010 [52-53]. The benefits of EP
292 were further confirmed when up to 86% of serious MEs were eliminated across the Western
293 world following incorporation of CPOE into health care systems [62]. EP also facilitates
294 formulary compliance and supplies medicines much faster and more cost-efficiently to hospital
295 wards at 36% of the price of traditional methods [63-64]. Electronic transfer of information on
296 admission allows drug histories to be imported directly into EPSs. Another advantage of EP is
297 that it allows dispensing records to become available through a national care records service as
298 has been implemented in the USA. Likewise, information from electronic community pharmacy
299 systems can be made available through EPSs that increase patient safety, effectiveness and
300 efficiency of drug administration [65]. Further, the electronic capture of drug administration by
301 scanning of pack barcodes facilitates automatic bedside stock control. EP also improves

302 workflow and increases the involvement of pharmacists in clinical care [60, 64]. A systematic
303 review of the impact of health information technology (HIT) on the quality of medical care
304 revealed that HIT interventions – primarily EHRs – improve quality by improving medication
305 safety, increasing adherence to guidelines, and providing tools to enhance disease surveillance
306 [57]. However, most studies documenting benefits of EP were not conducted in the ambulatory
307 setting, where volumes are greater and complexity increases [57]. Many potential advantages of
308 EP have been emphasized throughout the published literature worldwide [57,66].

309

310 **Disadvantages of EP**

311 E-prescribing is reported to cause a new generation of unintended MEs [67]. Accidental selection
312 of the wrong drug, dose, or dosage form from computer dropdown list is associated with
313 increased medication errors [68]. In a way, this replaces MEs due to illegible handwritten
314 prescriptions. Another disadvantage is the selection of the wrong patient profile [69]. Moreover,
315 sometimes a dosage or dosage form listed on the computer is only the dose the drug formulary
316 allows or pharmacy stocks and does not reflect the dose range. This can lead to inappropriate
317 dosing. Prescription duplication can also occur if the prescriber tries to change a dose and forgets
318 to discontinue the old prescription. In addition, prescribers may ignore alerts for allergies, drug-
319 drug interactions (DDIs), and therapeutic duplication when too many alerts flash on the screen
320 [70]. Though not applicable to the Saudi health care setting, a transmission fee is charged in the
321 USA for receiving prescriptions or refill approvals electronically. The average cost is about
322 \$0.25 USD per transmission. The cost of receiving an e-prescription by fax is less than receiving
323 the prescription electronically [51].

324 There are other drawbacks of EP [57]. First, there are concerns about how to electronically
325 prescribe controlled substances, which are typically used to treat severe pain or anxiety.
326 Prescriptions for these medications may be written using an EPS but cannot be transmitted
327 electronically to pharmacies. Typically, the physician will print such prescriptions, which may
328 require his/her signature. In one study prescribers were optimistic about the potential for e-
329 prescriptions for controlled substances to improve practice, but viewed the necessary security
330 measures as a burden and a potential barrier to use [71]. Currently, prescription drug abuse is a
331 major problem that is increasing worldwide. This trend could be reduced by prescription drug
332 monitoring programs (PDMP), which have multiple areas of focus that include prescribing

333 practices. These electronic databases collect data on controlled substances so that health care
334 providers can decrease abuse, doctor shopping, and diversion [72]. Further research is needed on
335 e-prescribing controlled substances so that action can be taken [72].

336 Second, patients, physicians, and pharmacists should not think that the use of EPSs eliminates all
337 potential for MEs to occur. Patients need to be aware of their medication history and current
338 treatment and make sure that physicians are aware of any conditions they have, including
339 allergies. EPSs supplement the expertise of physicians and normal medical diligence but do not
340 eliminate the need for awareness. Third, EPSs may not have information on all the medications
341 that a patient is taking, such as over-the-counter (OTC) drugs, which can cause allergic reactions
342 or other problems that a physician should know about. Thus, patients must provide all relevant
343 information about any OTC and/or complementary and alternative medicine (CAM) drugs to
344 physicians. This is an integral component in prescribing error (PE) prevention strategies [57].
345 Finally, the typical data collected by an EPS might not be useful in identifying doctors at higher
346 risk for making serious prescribing errors [73].

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348 **Legal Perspectives**

349 There are several legal issues involved in electronic prescribing including accountability, criteria
350 for access to electronically stored patient data, risks of unauthorized access to patient data, and
351 misuse of electronically stored patient data. In USA, state prescribing laws applicable to other
352 countries provide solutions for e-prescribing data collected on controlled and un-controlled
353 medications and how to share datasets with other stakeholders including health consumers,
354 health providers, sponsors and researchers [74]. For example, the prescription drug monitoring
355 program (PDMP) collects designated data on substances including controlled medications
356 dispensed in the state. The PDMP is housed by a specified statewide regulatory, administrative
357 or law enforcement agency. The housing agencies [AHRQ and ONC] distribute data from the
358 database only to individuals who are authorized under state law to receive the information [59,
359 74].

360

361 **Opportunities, challenges and e-Prescribing**

362 There are many opportunities and challenges to electronic prescribing. EPSs facilitate the
363 patient-centered role of pharmacists in medication review and treatment plans, review of patient

364 response, identification of optimum dosage forms, patient education and counseling, improving
365 accuracy of medication dispensing on hospital discharge, and communication of ongoing
366 pharmaceutical care needs [59, 75-76]. Thus, EPSs help to improve pharmacists' contributions to
367 the clinical care of patients. As a result, pharmacists are able to spend more time serving patients
368 in inpatient and outpatient settings [51-53].

369 Challenges and weaknesses of EPSs need to be addressed. For instance, those first beginning to
370 use EPSs tend to experience difficulties with formulary checks and RxH documentation, which
371 are associated with prescriber distrust and unwillingness to rely on EP-based information [77].
372 Greater data accuracy and completeness must be assured if EPSs are to meet their objective of
373 improving the efficiency and safety of EP in PHCs and other settings [77]. Another example
374 concerns faxed e-prescriptions. If computer software such as SureScripts sends prescription faxes
375 to community pharmacies [59], those pharmacies may not accept these prescriptions because
376 they have not seen a computer-faxed prescription with an electronic signature before. This
377 problem, however, can be easily addressed through widespread education programs.

378 The importance of staff training and increasing public awareness of EPSs cannot be
379 overemphasized. The public and patients need continuing awareness campaigns about EPSs.
380 Initially, the country that adopts EPS needs to make a huge investment not only for the purchase
381 of a comprehensive, qualified and fully functional EPS software but also for the continued
382 training of health staff and the mounting of public-awareness campaigns [59]. Returning to the
383 pharmacists handling of prescriptions, rather than searching through faxes and voicemails,
384 pharmacy staff could check e-prescriptions directly sent to their computers and dispense
385 medications to the patient. Another challenge for EPSs concerns medical errors. MEs have
386 detailed taxonomies [52-53, 78-89], multiple etiologies [80-81], and relevant pre- and post-EP
387 era issues. The development of EPSs to capture all forms of MEs, then, is a daunting task.
388 However, continuing advancements in information technology offer strategies that can help to
389 implement clinical practice guidelines [82]. Furthermore, an interesting tool has been built to
390 develop collaboration between patients and physicians that allows the physician to make well-
391 informed and safe EP decisions based on personal medication records contributed by the patient
392 [83].

393 The field of mental health is not yet on par with physical health around the world and this
394 extends to EPS integration into mental health care settings. This, however, is slowly changing,

395 and in the USA researchers have recommended implementing EPSs in the public mental health
396 system [84]. Hopefully, other nations will follow this important development [85].

397

398 **E-prescribing Needs in KSA**

399 Although Saudis accept the need for EP, its implementation across all health care delivery
400 systems including the private sector has been minimal and slow, with only a few hospitals now
401 having an EPS [28-29]. The problems associated with handwritten prescriptions need to be
402 addressed globally. Major medical centers such as King Saud Medical City, King Fahad Medical
403 City, King Abdulaziz Medical City, and major hospitals such King Fahd Hospital Dammam, and
404 National Guard Hospitals have already implemented EHR that include electronic prescribing
405 systems. The pace of implementing EHR with EPS has increased recently and at least 70
406 hospitals across the country now have fully functioning e-prescribing systems [30-31]. The
407 present authors argue that the time is right for the Saudi Ministry of Health to develop a
408 comprehensive plan for EPS implementation in all current and future hospitals in all 13 regions
409 and urban primary health care (PHC) centers in KSA. EPSs will need to be implemented in rural
410 PHC centers in phases. The private health sector should also be encouraged to implement EPS.
411 Such an agenda would be in line with the recent rapid implementation of e-prescribing in Canada
412 [86].

413 **Discussion and Conclusions**

414 Handwritten prescribing of medications is a common practice in the Middle Eastern countries.
415 This practice has many disadvantages including increased minor and serious medication errors
416 (15%) related to illegible prescriptions and failure to identify drug-drug interactions, increasing
417 morbidity and mortality, decreasing work flow efficiency, increasing the costs of care, and
418 decreasing the quality of healthcare services and patient safety [22-24]. Most of these medication
419 errors could be overcome by adopting an electronic prescribing system [87-88]. In addition,
420 omission and commission/documentation errors are frequent problems in handwritten
421 prescriptions both among outpatients and inpatients [89-90].

422 Electronic prescribing systems, however, are not without problems. Surprisingly, omission errors
423 (61% of all errors) are most frequently reported in computer-generated prescriptions in outpatient
424 settings [69]. Electronic-prescribing may also take more time than handwritten prescriptions
425 [91], although this finding needs to be replicated. E-prescribing may also lead to medication

426 errors of a different type, such as overwhelming prescribers with alerts or increasing the
427 likelihood of selecting a wrong dose from the dropdown list of medications [4, 92].

428 Educational programs focused on e-prescribing that target prescribers are reported to decrease
429 handwritten prescription errors including errors related to route of administration, illegible
430 handwriting, and inaccurate dosages. In addition acute adverse events may also be minimized
431 [22]. There are educational programs that target multiple healthcare providers to reduce
432 prescribing medication errors. Medication errors have multiple determinants which educational
433 programs need to address [93].

434 Electronic prescribing has considerable benefits including decreased medication errors (8%),
435 increased workflow efficiency, enhanced satisfaction of patients and care providers, and
436 increased attention to medication error alerts, all resulting in decreased morbidity and mortality,
437 better patient outcomes, improved quality of care, and decreased cost [23, 94-95]. In addition, e-
438 prescribing increases the likelihood that pharmacists' recommendations will be implemented
439 more so than is seen with hand-written prescriptions [96]. The computerized alert systems
440 associated with e-prescribing can significantly impact physician behavior in terms of avoiding
441 the use of abbreviations as commonly occurs with hand-written prescriptions [97]. There are
442 challenges, however, in the implementation of e-prescribing. These challenges include
443 physicians' resistance, the need for a substantial initial financial investment, the need for
444 provider training, and the increased likelihood of new types of medication errors [23, 98-100].
445 Financial incentives to providers for implementing EPS in USA have the use of e-prescribing,
446 which has also increased the likelihood of prescribing generic medications that has considerably
447 decreased medication costs [101].

448 Only a few studies have examined the use of EHR and EP in Saudi Arabia, and the perceptions
449 of health providers with regard to EP [28-31]. However, based on the electronic prescribing
450 literature in the West, EP has many advantages that make for a strong case for also implementing
451 EPS in Middle Eastern countries such as KSA. Further studies, however, are needed to explore
452 different aspects of EPSs in order to develop a research base for developing strategies to prevent
453 and reduce medication errors, make clinical and policy decisions regarding implementing EPSs,
454 and updating EPSs that are now in place, with the goal of improving the quality of healthcare
455 services and reducing the costs of healthcare.

456 This overview has several limitations. There is a large literature on handwritten and e-prescribing
457 in the Western world. This study does not include all related papers, thus raising the possibility
458 of selection bias. Publication bias is also a possibility since unpublished research was not
459 included in our review. We have also stepped beyond a simple objective review of the literature
460 by advocating for the implementation of EPS despite its limitations and challenges. However, the
461 strength of this review is the consistency of the research findings by others and the widespread
462 recommendations made by others in support of electronic prescribing. Another limitation of this
463 review is that it did not evaluate the quality of the studies cited, although this was not our
464 objective. There is extensive literature on studies regarding health information technology and
465 informatics related to the use in EHR and EPS and there is insufficient space to comprehensively
466 review the quality of these studies here. Nevertheless, we have comprehensively reviewed the
467 most cited studies on e-prescribing and have addressed some of the ethical and legal issues
468 involved in this practice. We reviewed research conducted both locally in Saudi Arabia and
469 around the world to make our case for implementing electronic prescribing systems, either those
470 that are standalone or embedded within an EHR, here in Saudi Arabia and the remainder of the
471 Middle East.

472 **Recommendations**

473 Our recommendations focus primarily on the prescribing of medications in the Kingdom of
474 Saudi Arabia. The prescribing trend in this country is slowly changing and electronic prescribing
475 is beginning to be adopted in major medical centers and specialist hospitals across the country.
476 Electronic prescribing is now well defined and there exist standards for implementing EPSs.
477 While there are many advantages to EP, there are also challenges such as the training of
478 healthcare providers in the use of e-prescribing and the resistance of physicians in adopting this
479 new practice. To maximize the benefit of e-prescribing, electronic prescribing systems with full
480 functionalities should be implemented in all current and future hospitals and primary healthcare
481 centers throughout KSA. Private sector hospitals and clinics should also adopt such systems.
482 Other countries in the Middle East region may benefit from and follow this trend. Finally, there
483 is need for longitudinal pre- and post evaluations of newly implemented electronic health record
484 systems that contain EPSs following the procedures that have been recommended by others
485 [102-103].

486 **Ethical Consideration:** Not applicable

487 **Conflicts of Interest:** The authors have no conflict of interest in this work.

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