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A Prospective Randomised Study on Prevalence and Awareness of Self Medication of Analgesics among Tertiary Care Hospital

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ABSTRACT

Self-medication is described as obtaining and consuming one (or) more drugs or medications without the advice of physician either diagnosis, prescription (or) surveillance of the treatment. The main aim of research is to estimate the prevalence of self-medication among hospitalized patients along with causes of illness and symptoms that lead to self-medication. The study was conducted at a tertiary care hospital. A total sample of 226 subjects was investigated by using a self-questionnaire form. Based on findings the prevalence of irrational use of analgesics are about 65% of females (n=144) and 37% of males (n=82). Self-medication was more prevalent among group above 45 years in which female are in greater use. Self-medication is most commonly used in participants who are having joint (51%), muscle pains (29%), head ache (28%), back pain (21%). Among them 21.26% are having confidence on knowledge of medication. During self-medication with analgesics patients stop taking medicine after symptoms disappeared (62.30%), a few days recovery (13.11%), after completion of course (18.85%), after consulting doctor /pharmacist (4.92%). Over use of analgesics causes kidney and heart problems. 72.72% does not know causes and uses analgesics frequently of the total participants only 43.52% are aware pharmacist will explain about medication usage. This research is carried out mainly in the context to raise awareness of the dangers of medication of analgesics. There is need to aware public that pharmacist can explain about drugs, their side effects.

Key words:

Analgesics, Self-Medication, Unawareness, Prevalence, Pharmacist.

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INTRODUCTION

Self-medication is an old problem worldwide and is defined as use of the drugs for the treatment of self-diagnosed disorders or symptoms (or) continued use of a drug prescribed by a physician for chronic or recurrent symptoms⁵. Analgesics used most commonly are categorised as OTC drugs¹. Over use of these drugs causes side effects and harmful. The main purpose of the study is to estimate the prevalence of self-medication with analgesics among hospitalised patients and aware the patients about irrational use of analgesics, assessing the causes of illness, symptoms that lead self-medication by self-prepared questionnaire form. Most commonly used analgesics are paracetamol, diclofenac, and acetaminophen. It is necessary for a pharmacist to be full aware of about classification of OTC products and prescription category drugs. It is necessary to aware that pharmacist serve as the only guide and advisor to the patients which are not prescribed by the doctor.

METHODOLOGY AND METHODS

MATERIALS: Informed consent form

Patient data self-questionnaire form

The present study was conducted in tertiary care hospital in patient wards of 200 bedded tertiary care centre located in Guntur district of Andhra Pradesh. The present study is a prospective study. It was carried out for period of 6 months. The data included about the patient demographics, data collected from the patient by interviewing the patient through questionnaire form and from past history. Data collected is documented in a suitably designed data collection form developed for the study. The identified side effects during self-medication of analgesics were noted.

ETHICAL CONSIDERATIONS

The ethical clearance for the study was approved by the institutional ethical committee.

INCLUSION CRITERIA

Patients who admitted in hospital of age above 45 years. Having a history of taking self-prescribed drugs mainly analgesics. Who are willing to participate in the study.

EXCLUSION CRITERIA

Patients under 20 years, Pregnant, lactating mother. Paediatrics, Patients who are not willing to participate in the study.

DATA COLLECTION FORM

Data collection form was designed to collect, document and analyse data which included about severity of usage of drugs, knowledge about medication, instructions on package, side effects occurring due to analgesics usage are included.

SELF MEDICATION OF ANALGESICS DOCUMENTATION FORM

Self-medication questionnaire form included the data containing patient demographics, knowledge about health-related lectures, severity of drugs usage, indications, stopping of usage of drugs and idea about pharmacist.

QUESTIONNAIRE FOR SELF-MEDICATION WITH MEDICATION

1. NAME
2. AGE

3. SEX
4. Your highest level of education?
 - Primary
 - Middle
 - High
 - 12years
 - 14years
 - 16years
 - M.S/M.phil
 - Ph.D
5. Are you taking health related lectures?
 - No
 - yes
 - ☐ Physician
 - ☐ Pharmacist
 - ☐ If _____ others, _____ from whom?.....
6. Are you suffering from any pain?
 - Almost
 - Less than once a month
 - About once a month
 - Several times a month but not every week
 - At least once a week
 - Almost every day
7. Whether taken self-medication or not
 - Yes
 - No
8. If yes, whether practiced self medication
 - Always
 - Sometimes
 - rarely
9. For what pain you ever worry?
 - Head
 - Back
 - Crosses
 - Joints
 - Muscles
 - Teeth
 - Abdominal
 - Other, what?.....
10. OTC medication for pain(without prescription)can be bought from a pharmacy/medical store on advise of
 - Doctor
 - Pharmacist
 - Known by television, radio, magazine or newspaper
 - Other, what?.....
11. If you buy an OTC drug for pain(without a prescription), you get advice about its use from
 - Doctor
 - Pharmacist
 - Read the leaflet
 - You _____ ask relatives/friends/acquaintances
12. According to you which of the following were the reasons in favour of self medication?
 - No need to visit the doctor for minor illness
 - Quick relief
 - Time saving
 - Confidence on your knowledge about medicines
 - Economical
 - Ease and convenience
 - Learning opportunity
 - Crowd avoidance
 - If _____ any others,.....
13. According to you what were the indications for self medication?
 - Headache
 - Fever, cough, cold, sore throat
 - Stomach ache
 - Menstrual symptoms
 - Vomiting
 - Diarrhoea
 - Ocular symptoms
 - If _____ any others,.....
14. According to you which of the following drugs were used for self medication
 - Analgesics
 - Antimicrobials
 - Multivitamins
 - Antispasmodics
 - Decongestants
 - Lozenges
 - If _____ any _____ others
15. What was your reason of self-medication with analgesics? (check more than one if applicable)
 - Cost saving
 - Convenience
 - Lack of trust in prescribing doctor
 - Others (specify)
16. What did you consider when selecting analgesics? (check more than one if applicable)
 - Type of analgesic
 - Brand of analgesic
 - Price of analgesic
 - Indications for use
 - Adverse reactions
 - Others
17. Did you ever check the instructions that come with the package of analgesics for self-treatment?
 - Yes, always
 - Yes, sometimes
 - Never
 - If Never, please go to Question 19
18. How much did you understand the instructions?
 - Fully understood
 - Partly understood (percentage :.....%)
 - Did not understand at all
19. How did you know the dosage of analgesics? (check more than one if applicable)
 - By checking the package insert
 - By consulting a doctor
 - By consulting a pharmacist
 - By consulting family members/friends

- From the newspapers, magazines, books, or TV programs
 - From the Internet
 - From my previous experience
 - By guessing the dosage by myself
20. Have you ever found out that you had taken the same analgesics with different names at the same time?
- Yes
 - No
21. When did you normally stop taking analgesics? (check more than one if applicable)
- After a few days regardless of the outcome
 - After symptoms disappeared
 - A few days after the recovery
 - After analgesics ran out
 - At the completion of the course
 - After consulting a doctor/pharmacist
 - Others
22. Please write down the names of analgesics you have ever taken for SELF-MEDICATION:
- A. B. C. D. E.
23. What is (are) the common adverse reaction(s) of analgesics? (check more than one if applicable)
- Nausea
 - Vomiting
 - Diarrhea
 - Rash
 - Drug resistance

RESULTS

USAGE OF SELF MEDICATION

NO.OFSUBJECTS	Number	Percentage
Female	144	70%
Male	82	26.5%

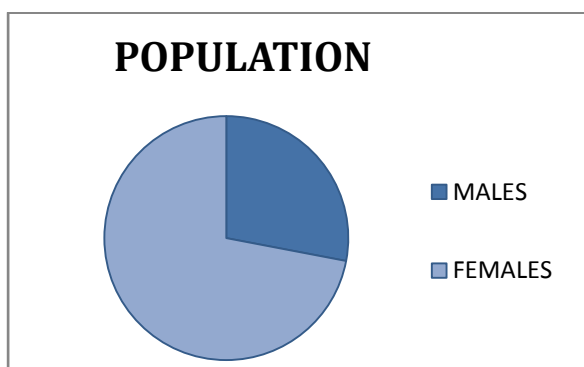
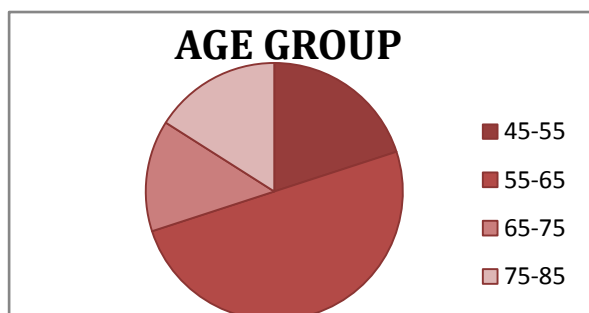


FIG 2: AGE GROUP OF 55-65 ARE IN GREATER USE



INDICATIONS OF SELF MEDICATION USAGE

INDICATION	PERCENTAGE
Joint pains	51%
Muscle pain	29%
head ache	28%
Back pain	24%
Body pain	21%

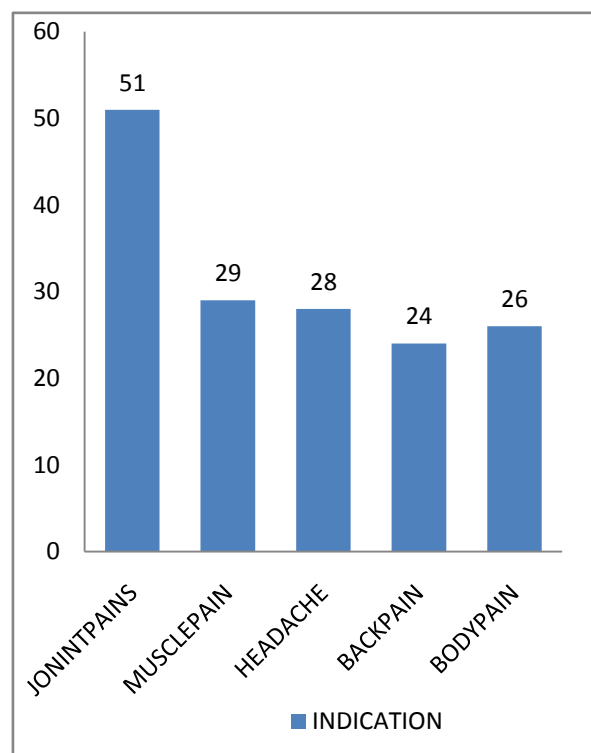


FIGURE 3 INDICATION

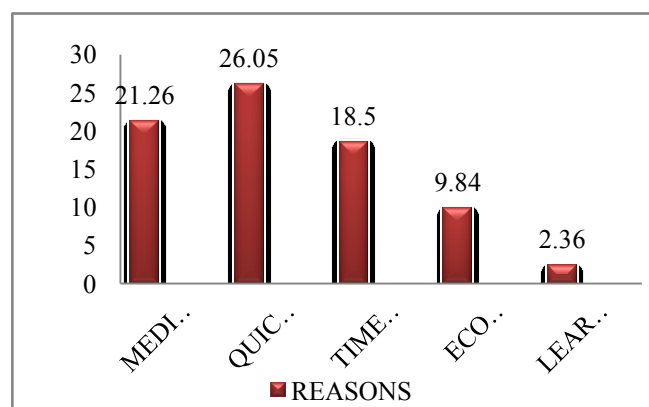


FIG 4 REASONS FOR SELF MEDICATION

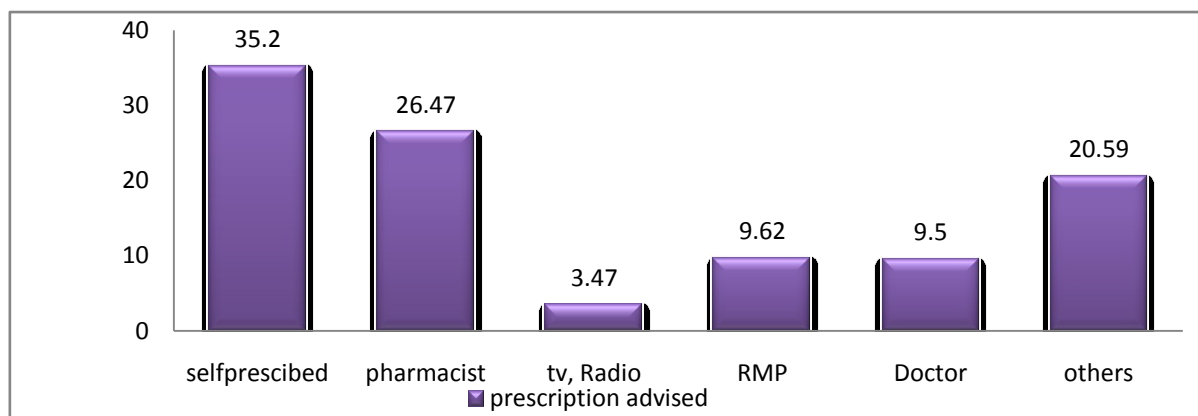


FIGURE 5 PRESCRIPTION USAGE

USAGE OF DRUGS:

Analgesics	48.29%
Decongestants	20%
Losenzes	12.68%
Anti-microbials	6.83%
Multivitamins	8.78%
Antispasmodics	3.41%

DISCUSSION

During this study it was observed that self-medication with analgesics females of age 55-65 are in greater use and because of quick relief, time saving and economic problems. Due to over usage of analgesics causing kidney and heart problems 72.72% are unaware of side effects and uses frequently. At present kidney and heart diseases had increased due to over usage of drugs pain killers .56.48%are not in aware that pharmacists have an idea about explaining of drugs and their side effects .so there is need to aware the people about pharmacist that he is expert in explaining about drugs and their side effects.

CONCLUSION

The study reflects a fair picture of the most commonly experienced side effects of self-medication of analgesics. Among the total subjects 48.29% are in greater use of analgesic drugs paracetamol, acetaminophen, diclofenac for joint pains. Among them 72.72% known that over usage causes kidney problems but still uses it .so there should be awareness about causes of irrational use of analgesics and role of pharmacist in health care system.

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CONFLICTS OF INTEREST

We the authors of this study declare that this manuscript has not been submitted to another journal or any other publishing venue .the authors have no affiliation with any organisation with a direct or indirect financial interest in the subject matter discussed in the manuscript.

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