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Self-medication: A questionnaire based study survey

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ABSTRACT

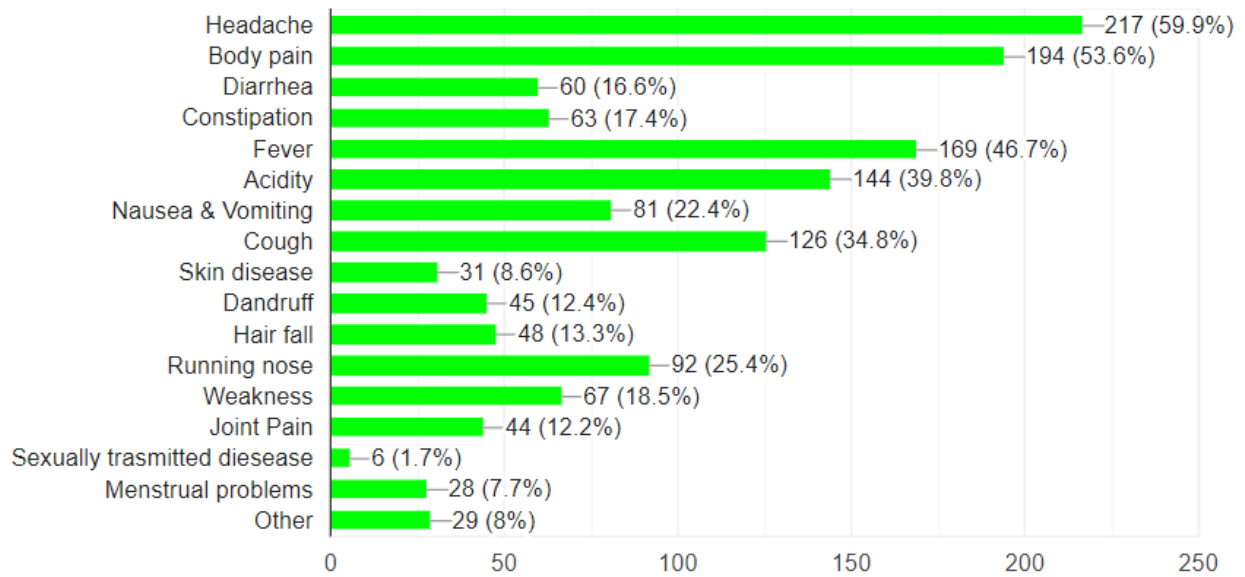
Aim: The aim of this survey is to encourage the people to avoid self-medication.

Materials and Methods: The survey is carried out about self-medication by using google form.

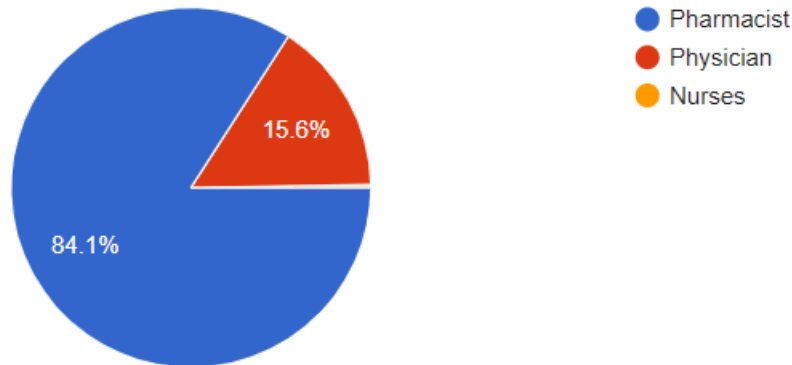
Results: The common diseases in which self-medications taken are headache, body pain, fever, acidity, cough and runny nose. **Conclusion:** The summary and outcome of this survey is to encourage the people to avoid self-medication and pharmacist can play an important role in preventing self-medication.

Key words: Self-medication, Questionnaire, People, Pharmacist, Survey.

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The details about the diseases in which peoples take self-medication



The details about the role in preventing self-medication

INTRODUCTION

Self-medication is very common, and it is a global phenomenon. The study was designed to ascertain the behavior, knowledge, and perception of people on self-medication.¹ Self-medication is an important issue for health authorities around the world. It is also a common practice among community.² Every day, we are practicing self-medication in the form of self-care of our health.³ Self-medication has traditionally been defined as “the taking of drugs, herbs or home remedies on one's own initiative, or on the advice of another person, without consulting a doctor.”⁴

According to WHO's definition, "self-medication involves the use of medicinal products by the consumer to treat self-diagnosed disorders or symptoms, or the intermittent or continued use of medication prescribed by a physician for chronic or recurrent diseases or symptoms"⁵

Self-medication is a human behavior in which an individual uses a substance or any exogenous influence to self-administer treatment for physical or psychological conditions.⁶ Self-medication is "the selection and use of medicines (includes: herbal and traditional products) by individuals to treat self-recognized illnesses or symptoms. Self-medication is one element of self-care WHO (1998). The International Pharmaceutical Federation (FIP) and the World Self-Medication Industry (WSMI) defined self-medications as use nonprescription medicines by patients' own initiatives (FIP and WSMI, 1999).

Families, friends, neighbors, the pharmacist, previous prescribed drug, or suggestions from an advertisement in newspapers or popular magazines are common sources of self-medications. Now-a-days, self-medication should be seen as the "desire and ability of people/patients to play an intelligent, independent and informed role, not merely in terms of decision-making but also in the management of those preventive, diagnostic and therapeutic activities which concern them."^{7,8,9} Major problems related to self-medication are wastage of resources, increased resistance of pathogens and causes serious health hazards such as adverse reaction and prolonged suffering. Antimicrobial resistance is a current problem world-wide.¹⁰ In India, it is very common to see self-medication practice and which is emerging challenge to health care providers.

MATERIALS AND METHODS

To collect survey about self-medication google form was created.¹¹ The link for google form is as bellow <https://forms.gle/KMXnqN2zoZr9ytdy8>

RESULT

The details about the gender of persons who had taken self-medication is shown in Figure1:

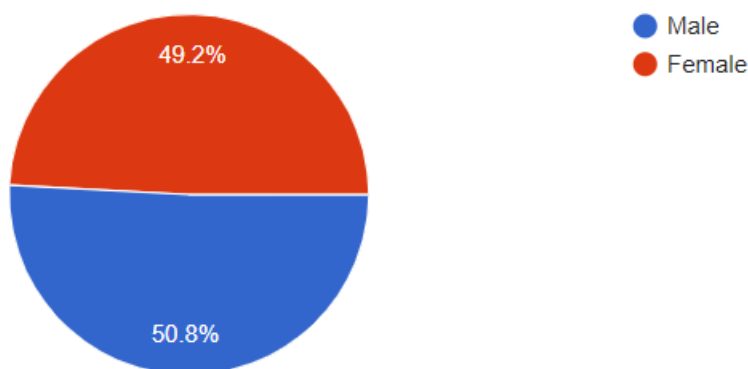


Figure1: The details about the gender of persons who had taken self-medication

The details about the age category of peoples who had taken self-medication is shown in Figure: 2

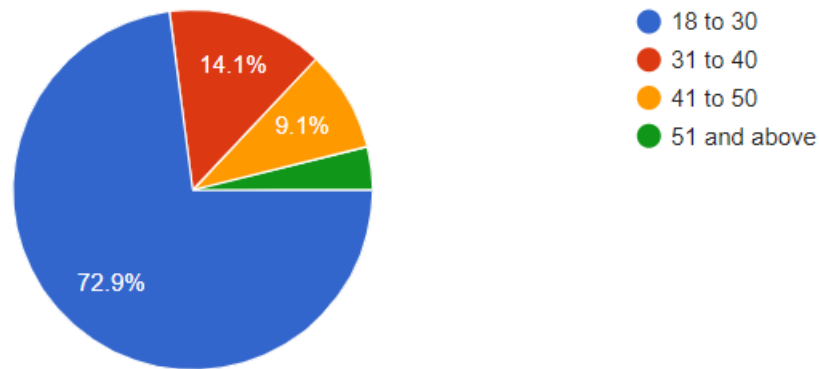


Figure 2: The details about the age category of peoples who had taken self-medication

The details about the education of peoples who had taken self-medication is shown in Figure: 3

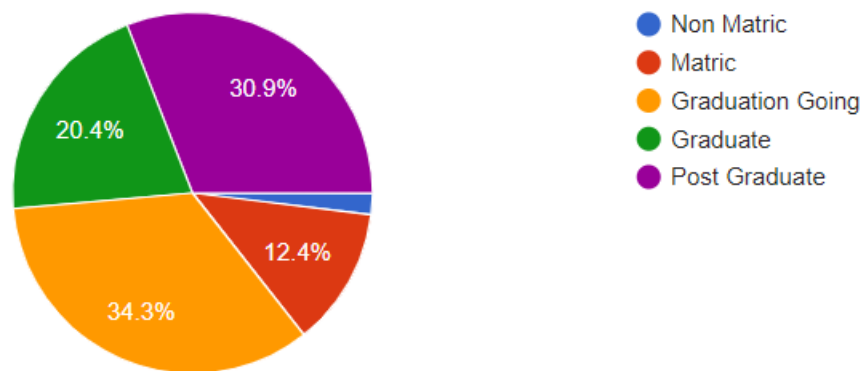


Figure 3: The details about the education of peoples who had taken self-medication

The details about the marital status of peoples who had taken self-medication is shown in Figure: 4

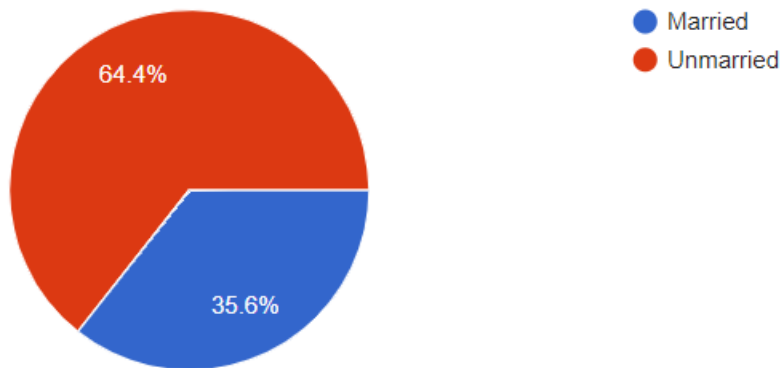


Figure 4 The details about the marital status of peoples who had taken self-medication

The details about the occupation of peoples who had taken self-medication is shown in Figure: 5

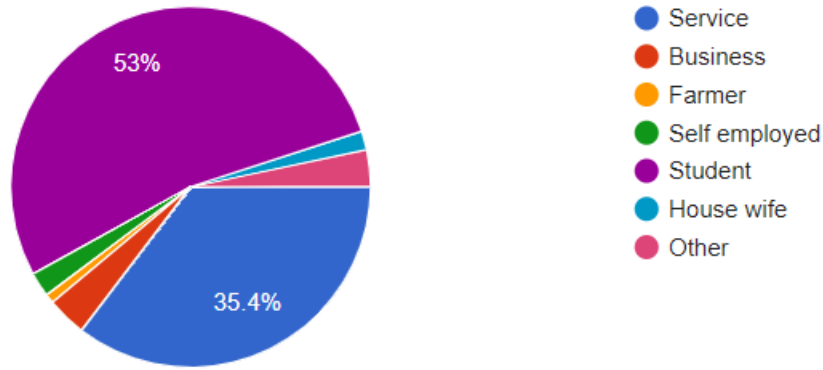


Figure 5 The details about the occupation of peoples who had taken self-medication

The details about the people who had taken self-medication is shown in Figure: 6

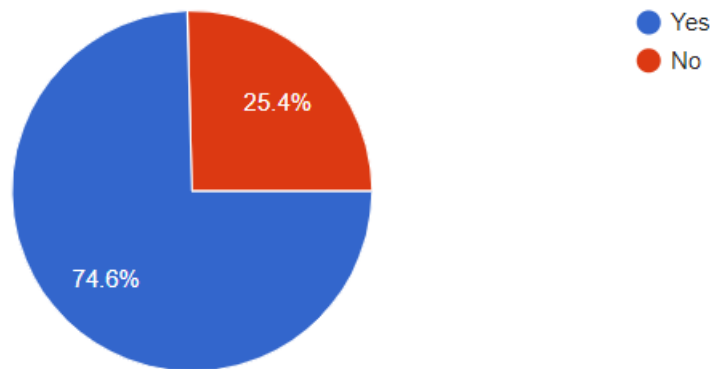


Figure 6 The details about the people who had taken self-medication

The details of reasons about the people who had not taken self-medication is shown in Figure: 7

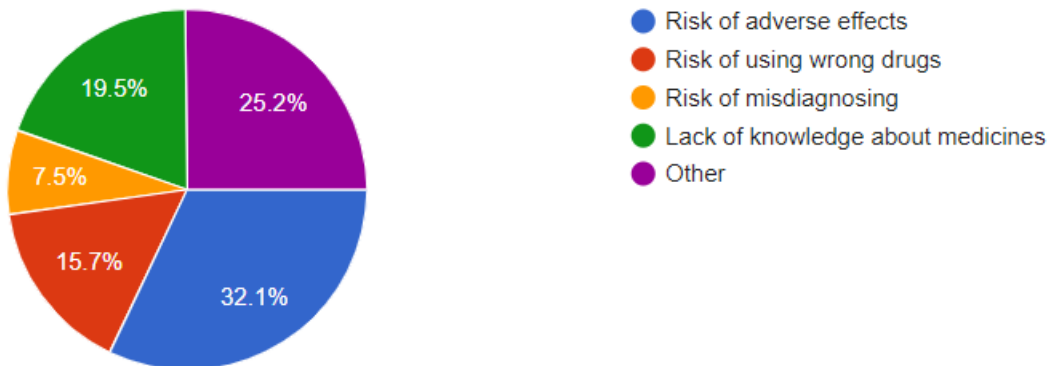


Figure 7 The details about the people who had not taken self-medication

The details about the diseases in which peoples had taken self-medication is shown in Figure: 8

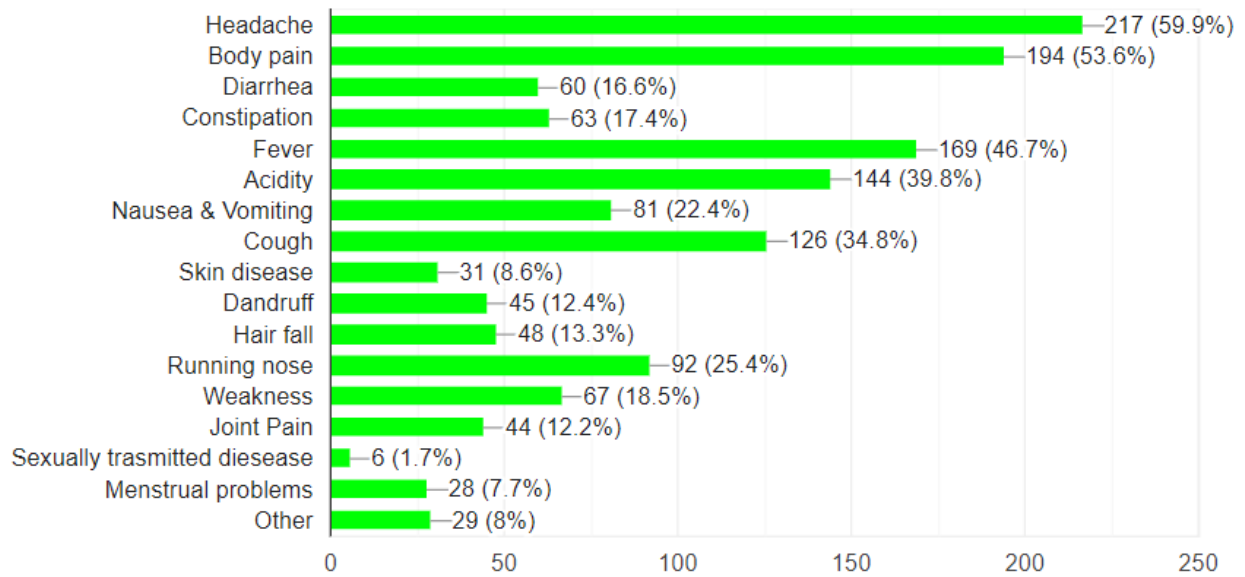


Figure 8 The details about the diseases in which peoples had taken self-medication

The details about the selection of particular medicine depends on which choices is shown in Figure: 9

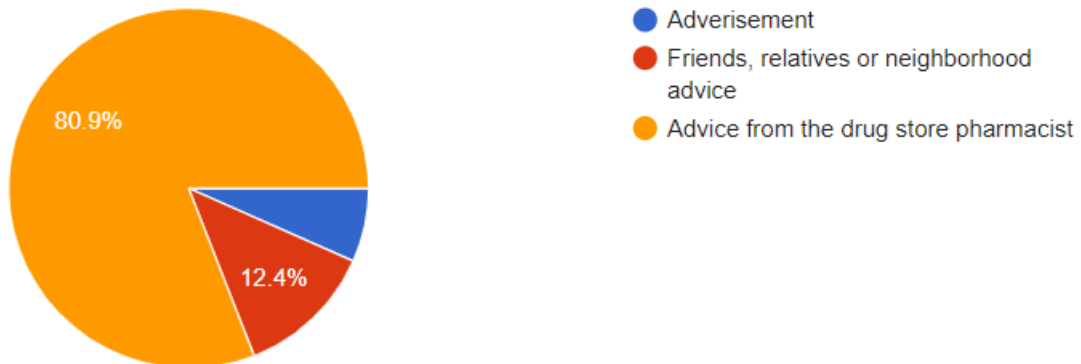


Figure 9 The details of choices on which selection of particular medicine depends

The details about the reason for self-medication is shown in Figure: 10

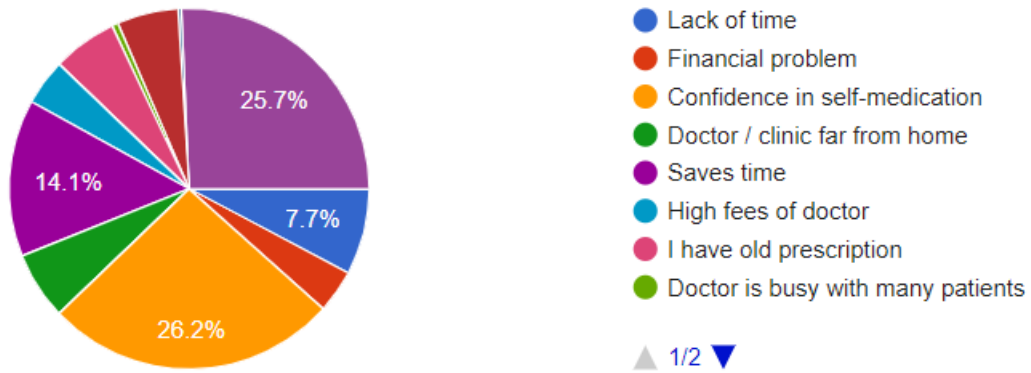


Figure 10 The details about the reason for self-medication

The details about the type of medicines selected is shown in Figure: 11

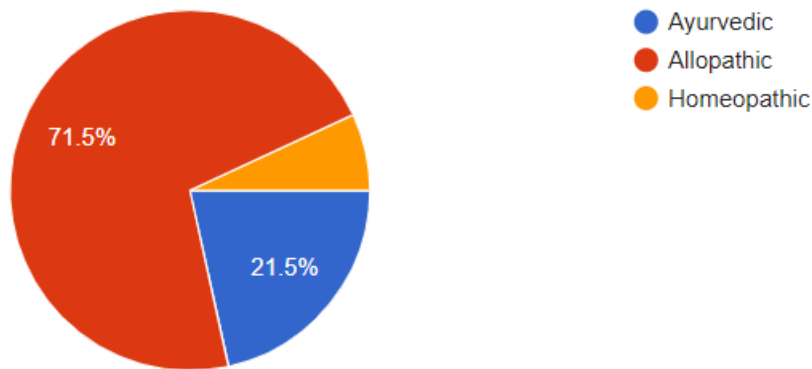


Figure 11 The details about the type of medicines selected

The details about the adverse events with self-medication is shown in Figure: 12

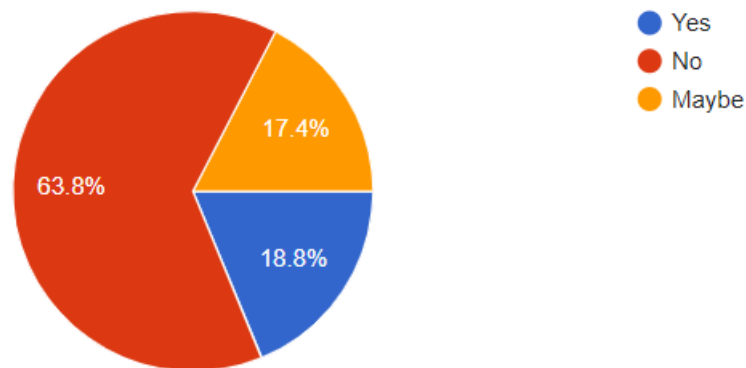


Figure 12 The details about the adverse events with self-medication

The details about visit of peoples after getting adverse events with self-medication is shown in Figure:

13

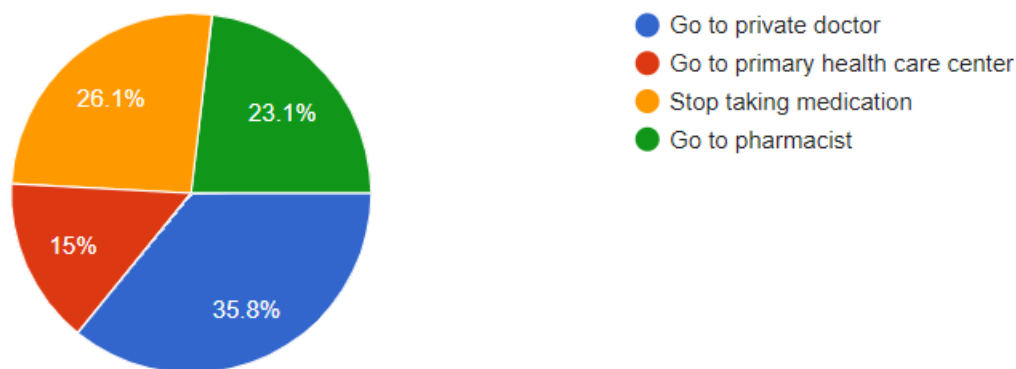


Figure 13 The details about visit of peoples after getting adverse events with self-medication

The details about the role in preventing self-medication is shown in Figure: 14

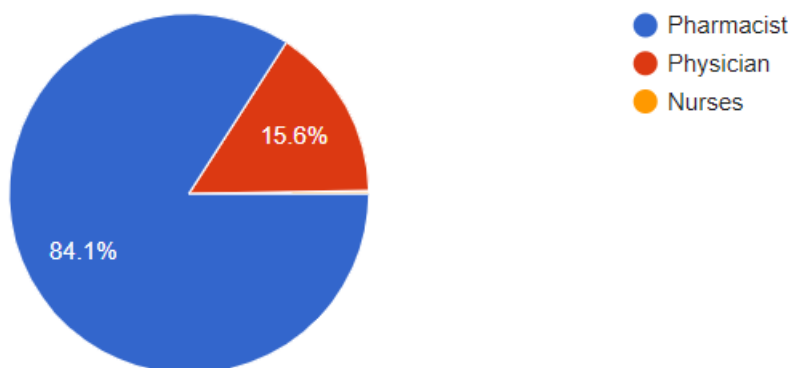


Figure 14 The details about the role in preventing self-medication

DISCUSSION

50.8% of male and 49.2% of female given the responses about self-medication out of total responses received (362). The self-medication is common in age group between 18 to 30 years, it was around 72.9%, it is very less in 21 years and above age group, which is 3.9%. In non-matric person, self-medication is 1.9%, in graduates 20.4%, in postgraduates 30.9%. Self-medication in unmarried persons is 64.4% while in married persons it was around 35.6%. Self-medication in students is 53%, in service person 35.4%, in businesspersons 3.6%, housewife 1.7% and in farmer, it was 0.8%. In population, it was observed that 74.6% individuals taking self-medication and 25.4% individuals not taking self-medication. Out of 25.4% population, 32.1% individuals not taking self-medication for the reason of risk of adverse effects, 25.2% for other reasons, 19.5% for reason of lack of knowledge about medicines, 15.7% risk of using wrong drugs. 59.9% persons take self-medication for headache, 53.6% for body pain, 46.7% for fever, 39.8% for acidity, 34.8% for cough, 16.6% for diarrhoea, 17.4% for constipation, 22.4% for nausea and vomiting, 8.6% for skin disease, 12.4% for dandruff, 13.3% for hair fall, 25.4% for runny nose, 18.5% for weakness,

1.7% for sexually transmitted diseases, 7.7% for menstrual problem and 8% for other diseases. 80.9% persons done the the selection of particular medicine by the advice of drug store pharmacist while 12.4% by the friends, relatives and neighborhood advice. Confidence in self-medication is the reason in 26.2% persons take self-medication, other is the reason in 25.7% persons, saves time I reason in 14.1% individuals, lack of time is reason in 7.7%, medicines of family member is reason in 5.5%, old prescription in 5.8%, high fees of doctor in 4.1%, clinic / doctor far from home in 6.1%, financial problem in 3.9%. In self medication 71.5% individuals prefer allopathic medicine, 21.5% Ayurvedic medicine and 6.9% homoeopathic medicine. After self medication 63.8% persons not suffer from self medication while 18.8% suffered from adverse effects. 35.8% persons go to private doctor after getting adverse effects, 26.1% persons stop medicines while 23.1% go to the pharmacist. 84.1% individuals say that pharmacist will play an important role in preventing self-medication while 15.6% says physician. Following are some suggestions found during survey.

Sr. No.	Comments/Suggestions	Sr. No.	Comments/Suggestions
01	Pharmacist is a one who can control self-medication effectively to save the health of society.	19	Please Avoid self-medication, Contact your Family pharmacist for safe OTC Medication.
02	Self-medication is risk of health.	20	I am pharmacist so I know medicines better.
03	A very good initiative taken by you and your team, need to create awareness among our society. Wish you all the best for your work.	21	We should not take medicine without doctor's consultation, it can be harmful for us, we know their pharmacological effect, not their side effect.
04	Nice survey add more questions related to community pharmacist....	22	Awareness required to control self-medication.
05	Self-medication not a bad idea if you know about medicine very well. But RMP's consultant must important for best advice and for adverse and side effects	23	incorrect self-diagnosis, delays in seeking medical advice when needed, infrequent but severe adverse reactions, dangerous drug interactions, incorrect manner of administration, incorrect dosage, 06incorrect choice of therapy, masking of a severe disease and risk of ...

06	Thorough knowledge regarding drug leads to self-medication.	24	High fees of doctors And their charges.
07	Pharmacist role is also important.	25	Doctor se jayada pharmacist ko respect do.
08	Stringent regulations are needed.	26	Self-medication should be avoided.
09	Self-medication is injurious to health.. Dangerous drug interaction may occur.	27	In my opinion, without proper diagnosis and professional knowledge about disease and medicines, self-medication should be avoided.
10	Self-medication for the non-medical persons are mostly driven by advertisements.	28	Till the time we get access to dr, self-medication is unavoidable. But one must inform dr about the self-medication during clinic visit.
11	Since I am a Pharmacy graduate,ni prefer self-medication for simple ailments and i don't prefer self-medication in chronic conditions. In those conditions, i prefer to consult a specialist doctors.	29	Pharmacist give advice people about medicine. If pharmacist give advice then people can take self-medication. Self-medication very helpful to poor people.
12	Self-medication is good if no any serious issue.	30	Please Avoid self-medication, Contact your Family pharmacist for safe OTC Medication.
13	Medicines should not be taken without prescription like self-medication.	21	Self-medication can be taken in case of emergency if no other option is available.
14	Self-medication is dangerous if we you will be confident about your knowledge of medicine to take the medicine in minor condition.	32	To avoid self-medication only one thing we can do, without prescription pharmacist can not prescribe the medicine.
15	Self-medication is very important when you don't have enough time and money to go to physician.... that's why I used to go for self-medication.	33	People may also self-medicate to relieve stress, anxiety, overcome psychological trauma or reduce symptoms of mental illness.
16	Nice survey outcome will benefited to society.	34	Taking self-medication is not every time good for health.

17	Nice questionnaire.	35	Stop self-meditation.
18	If we know the root cause of our disease (only about minor disease) and if we have proper drug knowledge then only self medication will allowed otherwise go through with Physicians for proper diagnosis.	36	Lacks of humanity in 90 percent hospitals and also in doctors. All are linked to each others and trying to stands there proffetions. Well educated and speciality doctor's can't dignosise correctly without pathologists. Why? It is time to think all of us about our humanity, cultures and charities.

CONCLUSION

From this survey, it seems that male and female are both taking self-medication. In between the age group 18 to 30 years self-medication is more. Self-medication in students and service members is more and literacy increases the self-medication. It was concluded self-medication in house wives and farmers is less. Near about 75% population taking self-medication. Risk of adverse effect is the major reason due to which some people not taking self-medication. The major reason for self-medication is confidence in self-medication. The common diseases in which self-medications taken are headache, body pain, fever, acidity, cough and runny nose and selection of medicine was done by the advice from the store pharmacist. 72% individuals prefer allopathic medicines in self-medication. Individuals are generally not suffer from adverse effect from self-medication and those who suffer from adverse effect are prefer to go private doctor. In preventing self-medication, "Pharmacist" can play a key role with compare to other health care providers.

ACKNOWLEDGEMENT

I am thankful to all stakeholders for filling the survey form.

CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

ABBREVIATIONS

Nil.

SUMMARY

The summery and outcome of this survey is to encourage the people to avoid self-medication and pharmacist can play an important role in preventing self-medication.

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