

Self-Medication Practice and Their Risk Factors among BScN 4 Years Students

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Abstract

Self-medication is the use of medicines to treat self-diagnosed disorders or symptoms, or the periodical or continued use of prescribed drugs for acute or chronic disease or symptoms. It's going to include the use of herbs, the retention and Re-use of Medication without prescribed by doctors. Self-medication is widely practiced in both developed and developing countries. . Practice of getting self-medication was relatively high, because of easy access of drugs from public pharmacy and they also have knowledge about medicines. The study's overall objective was to identify the level of knowledge, attitude, and self-medication practices among undergraduate BScN 4 year student. This would be a descriptive cross sectional quantitative study .Quantitative cross sectional design used data to make statistical inference about nursing students of knowledge, attitude and practice regarding self-medication. Total, 250 BScN students were involved in this study. The data was collected using a validated questionnaire. Overall 53.6% BScN students often practice self-medications,while 46.4% students were not practice self-medications. In a study conducted in a private college of Nursing Lahore, it was found that self-medication is significantly higher in among BScN 4 year's student nurses. We found that our respondent's education has also impact on practice and attitude of self-medication. The awareness regarding self-medication among student is good about 60% populations have knowledge regarding medication benefits. As per the findings, 75.8% BScN students visited to a qualified medical practitioner. While 24.2% students were not visited to a qualified medical practitioner. 71.2% BScN students respond that the indications of self-medication Headache/ fever. Inappropriate self-medication can cause harm to the students and also whom they recommend as healthcare providers in the future. Therefore, there is a need to educate nursing students and make them more aware about adverse effects of self-medication.

Keywords: Self-care, medical practitioner, nursing Students, Drugs, Self-medication, Knowledge

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1. Introduction

Self-medication is defined as the use of medication by a patient on his own initiative or on the recommendation of a Pharmacist or a lay person rather than consulting a caregiver. Self-medication is also defined as the use of medicines to treat self-diagnosed disorders or symptoms, or the periodical or continued use of prescribed drugs for acute or chronic disease or symptoms. It's going to include the use of herbs, the retention and Re-use of Medication without prescribed by doctors. About 79% primary care is provided by private center in Pakistan that can be leads self-Medication practices. Many factors contributing to increase level of self-medication in Pakistan include: easily availability of medicines, lack of health related knowledge, excessive Marketing, insufficient implementation of regulatory policies, poor accessibility to Healthcare providers and lack of public healthcare facilities. Convenience to medication is a Key contributing factor of high frequency of self-medication practices. Half of the Medicines sold in Pakistan are supplied without written recommendation. Analgesics, antibiotics, anti-diarrheal agents, antihistamines, antipyretics, cough-syrups, and vitamins are easily accessible without recommendation from public pharmacies in Pakistan. Due to uplifting sale of non-prescribed medicines self-medication rate is progressively increasing in Pakistan.

The use of resubmitting old prescriptions to buying medicines repeatedly or sharing medicines with members of one another. For us it is a norm to throw in names of antibiotics and other self-medicated drugs from our inadequate capacity or knowledge. Many factors of self-medication among medical students involved easy availability of drugs, advertising of drug manufacturers, previous experiences with symptoms or disease. Self Confidence regarding's drug knowledge, home-saved recommendation. Antimicrobial self-medication is important Factor which is further increased by using residual drugs from related previous instruction or drugs obtained from recognized persons and easy availability of antimicrobial drugs at local dispensary. The literature on self-medication with antimicrobial drugs in the developing world is limited.

Effective healthcare system in a community is completely, as good health is the basic needs of life.

On other hand in developing countries, nearly no access to modern healthcare systems because of expensive medication. For this reason, many illnesses are treated by self-prescription. Self-medication is the choice and use of medicines by individuals to treat self-recognized illnesses or symptoms without recommendation about indication, dosage, and period of treatment. Furthermore, it is the irregular or continued use of drugs prescribed

by a licensed health professional for chronic or recurrent disease condition.

In developing countries self-medication is the major healthcare problems. It delays medical interventions and becomes serious in many cases. Customers all over the world generally, Use self- medication and self-care items to help their common health problems, Including fatigue, body pain, digestion, diarrhea, vomiting, cough and respiratory tract Infection. The medicines that require a doctor's recommendation are generally referred to as instruction products (Rx products). Self-medicinal drug with OTC medicines is sometimes referred to as "accountable" self-medication to distinguish this from the practice of buying and the usage of a recommendation medicine without a doctor's" instruction.

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II. METHODOLOGY

1. STUDY DESIGN:

This would be a descriptive cross sectional quantitative study .This study will be Conducted on BScN 4years students. Quantitative cross sectional design used data to make statistical inference about nursing students of knowledge, attitude and practice regarding self- medication.While qualitative base design to focus on interpretive description of nursing student under observation.

2. STUDY SETTING:

This study will be conducted on BScN 4years students at "SAIDA WAHEED FMH COLLEGE OF NURSING Lahore.

3. STUDY POPULATION:

This study will be conducted on BScN 4years students (250)

4. SAMPLE TECHNIQUE

Researcher will collect sample by themselves by using simple random convenient sampling technique.

5. SAMPLE SIZE :(153)

Sample size calculated by using Solvin's formula/(1+Ne2).

$N/(1+Ne^2)$.

N =Population size =250

e = Margin of error =(0.05)²

Sample size will be 153 undergraduates' student nurses of generic degree programmer 4year.

$n=250/1+250(0.05)^2$

$n=250/1+250(0.0025)$

$n=250/1+0.625$

$n=250/1.625$

$n=153$

6. DATA COLLECTION TOOLS:

Researchers themselves will collect data by using close ended structure questionnaire. The questionnaire for this study was adapted and modified based on another study "Knowledge, Attitude and Practice of Self-Medication among Second Year Undergraduate Medical Students" The questionnaire of this study was organized into three parts. 1) Five questions on demographic data,2)Next five consist on knowledge attitude and practice on immediate response nursing students in 'YES' and 'NO' answer,3)Last five is also consist on knowledge attitude, practice and their risk factors questions.

7. DATA ANALYSIS

Data will be analyze by using SPSS version 7.0.The researchers are interested to know about Knowledge, attitude and practice among undergraduates student of nursing. By simple putting data in SPSS then goes in Analyze then goes into descriptive statistics obtain percentage and mean and standard deviation for grouped data and percentage for grouped data .by using data and their percentage BAR CHART constructed for data analysis.

8. ETHICAL CLEARANCE:

Ethical clearance was obtained from the Respected Principal: Ma'am Misbah Zafar and RESPECTED MA'AM Uzma Firdous (Assistant professor Nursing) of Saida Waheed FMH College of Nursing Lahore, for data collections. Researchers themselves will collect data by using close ended structure questionnaire.

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III. RESULTS

Data Analysis:

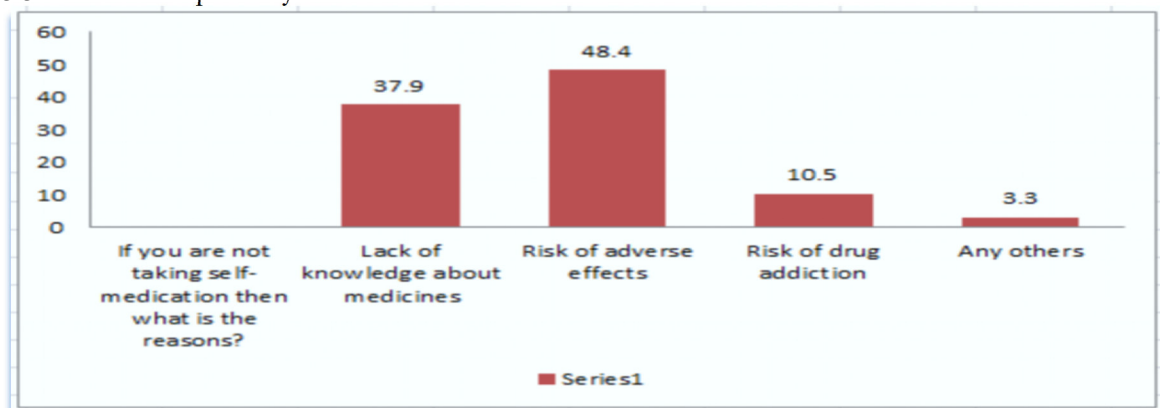
Table1: Demographical data

	Frequency	Percentage
Age		
18-20	32	20.9
21-25	116	75.8
26-30	5	3.3
Gender		
Male	50	32.7
Female	103	67.3
Nationality		
Pakistani	153	100.0
Marital status		
Married	3	2.0
unmarried	150	98.0
Class Level		
1st year	42	27.5
2nd year	38	24.8
3rd year	34	22.2
4th year	39	25.5

Table2: Knowledge Attitude and practices of BScN students regarding self-medication

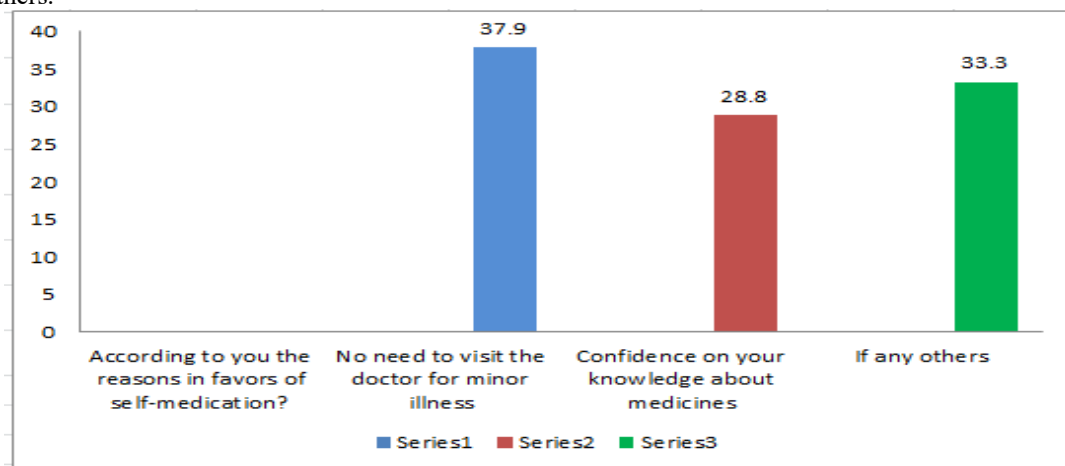
	Frequency	Percentage
You often practice self-medication?		
YES	82	53.6
NO	71	46.4
You ever visited to a qualified medical practitioner?		
YES	110	71.9
NO	43	28.1

A) **BScN students' knowledge regarding self-medication:** Below Figure 1) shows that 37.9% BScN students respond that they have Lack of knowledge about medicines therefore they avoid self-medication .While 48.4% students respond Risk of adverse effects,10.5% avoid self-medication due to risk of addiction and 3.3% students respond any other.



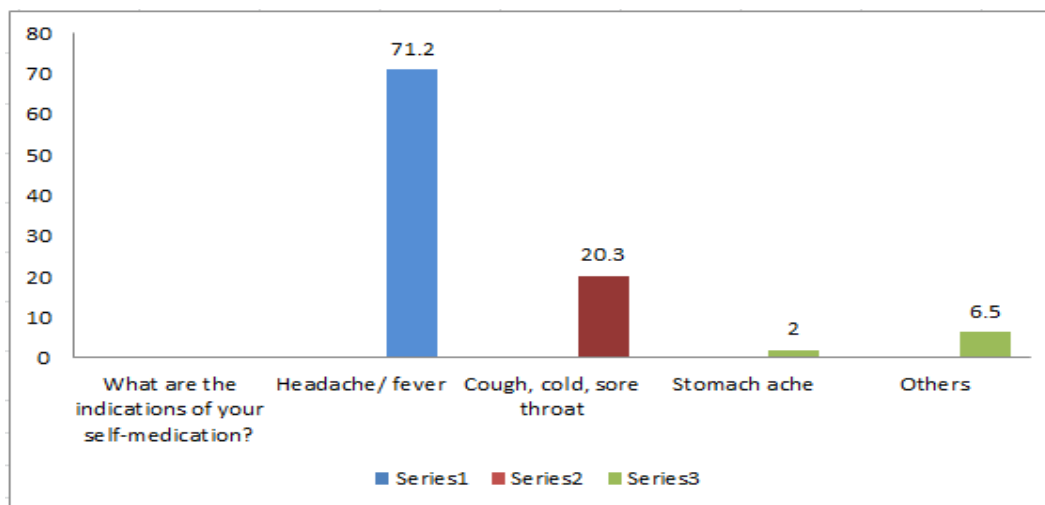
B) BScN students' attitude regarding self-medication:

Figure 2) Shows 37.9% BScN students respond that no need to visit the doctor for minor illness. While 28.8 % students respond that they have confidence on their knowledge about medicines and 33.3 BScN students respond any others.



Q) What are the indications of your self-medication?

	Percentage
Headache/ fever	71.2
Cough, cold, sore throat	20.3
Stomach ache	2.0
Others	6.5



C) BScN students' Practice regarding self-medication:

	Frequency	Percentage
You often practice self-medication?		
YES	82	53.6
NO	71	46.4
Which type of drugs you used as self-medication?		
Analgesics	114	74.5
Antimicrobials	16	10.5
Multivitamins	20	13.1
Sedatives	3	2.0
You ever visited to a qualified medical practitioner?		
YES	110	71.9
NO	43	28.1

IV. DISCUSSION

This study tried to assess the knowledge, attitude and practice of undergraduate student nurses towards self-

medication. It is expected that BScN student nurses more likely to be aware about their own and family's health status and seek more knowledge regarding self-medication. In a study conducted in a private college of Nursing Lahore, it was found that self-medication is significantly higher in among BScN student nurses. This may be explained by the fact that the participants have variation in their education levels 28.% nursing student from 1st year, 25 %from 2nd year, 22.2% from 3rd year and 25.5 from 4th year were using self-medication. On data analysis we found that 4th Level BScN student greatly involved used self-medication. Due to which the awareness level regarding self-medication varied. We found that our respondent's education has also impact on knowledge, practice and attitude of self-medication. The awareness regarding self-medication among student is good about 60% populations have knowledge regarding medication benefits. The finding of this study also shows that female respondents had good knowledge of self-medication than male respondents. Most of the population understands that self-medication helps to promote knowledge about medicines and also no need to visit the doctor for minor illness. Most of the students were aware about prevention from side effects. The undergraduate student nurses were self-motivated to go for self-medication and others motivated by their family members and friends. About 48% populations were prescribed self-medication. And strongly agreed that they should use medication as advised by doctor, because they were unaware about duration of medication and their side effects. In our study, knowledge of undergraduate student nurses regarding self-medication was found to be considerably more. Practice of getting self-medication was relatively high, because of easy access of drugs from public pharmacy and they also have knowledge about medicines. undergraduate student nurses were self-motivated to go for self-medication and others motivated by their family members and friends. About 48% populations were prescribed self-medication. And strongly agreed that they should use medication as advised by doctor, because they were unaware about duration of medication and their side effects. In our study, knowledge of undergraduate student nurses regarding self-medication was found to be considerably more. Practice of getting self-medication was relatively high, because of easy access of drugs from public pharmacy and they also have knowledge about medicines.

V. Conclusion:

In conclusion we found almost half of the BScN 4years nursing students have good awareness about the knowledge regarding medication benefits and their disadvantages. Respondent's education level has a greater impact on the knowledge, awareness and practice of self-medication.

➤ Suggestion:

- Media should play major role to provide health education about self-medication and its adverse effects.
- Government should restrict pharmacies do not give medicines at any cast without doctor's prescription.
- College should arrange health education session for BScN year's students to educate them regarding adverse effects of self-medication.

➤ Limitations:

- This study was conducted at a private nursing College Lahore with a limited sample size so the findings of this study cannot be generalize to all nursing colleges at Lahore.
- Another limitation of this study is that this was conducted in a limited time period.

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THANKS (The Right Words are always effective)