



# ABS012

## STUDY ON DETERMINANTS OF SELF MEDICATION PRACTICE AMONGST CONSUMERS IN PARTS OF EAST BENGALURU

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**INTRODUCTION:** Self medication is the problem that has the potential to harm society due to irrational use of drugs. The nature and extend of practice of self medication depends upon many factors like nature of the disease, educational qualification of the person, non availability of the specialized person, cultural and social influences.

**AIM:** To identify the socio demographic determinants associated with self-medication practice in the population of selected area.

**METHODOLOGY:** A community based cross sectional study was conducted in East Bengaluru area over the period of 6 months using pre tested semi structured questionnaire. The subjects were asked to recollect self medication practice for one year recall period.

**RESULTS & DISCUSSION:** The data on socio demographic characteristics and practice of self medication were collected from 427 study participants. A significant correlation was observed particular age group ( 24 - 30 years) [Prob>F = 0.0056, Prob>|t| = <0.0001]; while a moderate correlation for education [Prob>|t| = <0.0001], occupation [Prob>|t| = <0.0001] and economic status [Prob>|t| = <0.0001] of the survey respondents. And no particular correlation was observed for gender, familial types and the area of domicile of the participants.

The frequency of self medication use ranged from minimum of one time to all the time. Fever (68.67%), pain (54.56%), and cough (42.15%) were the most common illnesses where self-medication is common. Pain killers (68.85%) and antipyretics (50.58%) were the most commonly used self medicating drugs. Telling the symptoms to pharmacist (89.69%) was the commonest method adopted to procure drugs by the users. The major reason for self medication was lack of time to visit doctor (32.31). Only 33.34% of the subjects agree self medication is harmful; but most of them (66.97%) did not advise others to use self-medication drugs.

**CONCLUSION:** Self medication is more prevalent among the younger population of the respondents, irrespective of their educational backgrounds and economic status. A newer approach to connect with and educating these consumers is essential.

**Keywords:** Self medication, Community Pharmacist, OTC medications