



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research
Vol. 11, Issue, 11, pp.8443-8447, November, 2019

DOI: <https://doi.org/10.24941/ijcr.37254.11.2019>

INTERNATIONAL JOURNAL
OF CURRENT RESEARCH

RESEARCH ARTICLE

SELF-MEDICATION PRACTICES AMONG THE PATIENTS ATTENDING OUTPATIENT DEPARTMENT AT JIPMER, PUDUCHERRY

*Aruna, P. and Kalaivani, S.

¹Tutor, JIPMER, Puducherry, India

²M.Sc nursing, JIPMER, Puducherry, Neethu Maria George, Sarika ML, Dr. Lakshmi Ramamoorthy, Assistant Professor, Phd, JIPMER, Puducherry, India

ARTICLE INFO

Article History:

Received 04th August, 2019
Received in revised form
28th September, 2019
Accepted 25th October, 2019
Published online 26th November, 2019

Key Words:

Diabetes Health Belief,
Type 2 Diabetes,
Dessie Referral Hospital.

ABSTRACT

Introduction: Illness or symptoms of an illness are a common human experience. Most of the signs and symptoms of an illness perceived or identified by the population are attended or treated by the ill people themselves. The most widely self-medicated substances are over-the-counter drugs used to treat common health issues at home, as well as dietary supplements. **Aims:** To assess the self-medication practices among patients attending Medicine OPD, JIPMER and to identify the association between practice of self-medication with selected demographic and clinical variables. **Methods:** A cross sectional descriptive survey method was conducted among 244 patients attending Medicine OPD, JIPMER, Puducherry for 3 days. In this study, structured self-administered questionnaire was used to collect the data. **Results:** Among the 147 patients taking self-medication, 67(45.57%) have taken self-medication for aches and pains and 57(38.77%) have used self-medication for more than one ailment. Among all participants 30(20.4%) have experienced side effects while taking self-medication and among them the most of them 12(40%) had nausea and vomiting and 13(43.3%) of them have stopped taking the medication following an adverse reaction. **Conclusion:** The study revealed that prevalence of self-medication was high among study population. Majority of respondents practiced self-medication for minor ailments and to get quick relief.

Copyright © 2019, Aruna and Kalaivani. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Aruna, P. and Kalaivani, S. 2019. "Self-medication practices among the patients attending outpatient department at jipmer, puducherry.", *International Journal of Current Research*, 11, (11), 8443-8447.

INTRODUCTION

Illness or symptoms of an illness are a common human experience¹. People respond to illness in diverse modalities. The modalities that are finally chosen and adopted depend both on cultural and socio-economical factors and in the perception of the illness. Most of the signs and symptoms of an illness perceived or identified by the population are attended or treated by the ill people themselves. According to the WHO's definition, self-medication is the use of drugs to treat self-diagnosed disorders or symptoms, or the intermittent or continued use of a prescribed drug for chronic or recurrent diseases or symptoms. Self-medication is the rising form of self-care and it is becoming a major problem in making the correct diagnosis. 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 ailments.

The most widely self-medicated substances are over-the-counter drugs used to treat common health issues at home, as well as dietary supplements. These do not require a doctor's prescription to obtain and, in some countries, are available in supermarkets and convenience stores. Self-medication is the treatment of common health problems with medicines especially designed and labeled for use without medical supervision and approved as safe and effective for such use. Everyday, everywhere, consumers reach for self-care products to help them through their common health problems. They do so because it may be easier for them, it may be more cost or time efficient, they may not feel their situation merits making an appointment with a healthcare professional, or they may have few or no other options. The challenge and opportunity for governments, healthcare professionals, and providers of self-medication products, then, is to have a responsible framework in place for self-medication. Thus self-medication practices are increasing part of health problems all over the world. Therefore self-medication practices always require special attention.

*Corresponding author: Aruna, P.,
Tutor, JIPMER, Puducherry, India.

Significance and need for the study: Self-medication is a global phenomenon and potential contributor to human

pathogen resistance to antibiotics. The adverse consequences of such practices should always be emphasized to the community and steps to curb it. This study helps us to find the self-medication practices among the public. Specific health education programmes can be organized based on the results obtained by the study. The results will provide information to identify the association between practice of self-medication with selected demographic and clinical variables.

Objectives of the study

Primary objective: To assess the self-medication practices among patients attending Medicine OPD, JIPMER.

Secondary objective: To identify the association between practice of self-medication with selected demographic and clinical variables.

Assumptions

- Self-medication problem are the very common problem among the public.
- People may self-medicate mainly for convenience and cost.

METHODOLOGY

Research design: Descriptive study-Cross Sectional Survey design.

Setting of the study: The study was conducted at Medicine OPD, JIPMER, Puducherry.

Population: Patients attending Medicine OPD, JIPMER, Puducherry.

Sample: The sample selected for the study comprised 244 patients attending Medicine OPD, JIPMER, Puducherry.

Sample size calculation: The sample size was estimated as 244 with an expected percentage of patients practice self-medication as 65.9% at 5% absolute precision and 5% level of significance.⁸

Sampling technique: Consecutive sampling method was used.

Sampling criteria

Inclusion criteria

- People who attend Medicine OPD
- Both male and female and who are willing to participate
- People who can read and write Tamil or English
- Participant above 18 years of age

Exclusion criteria

NIL

Description of research instruments and techniques: In this study, structured self-administered questionnaire was used to collect the data. The tool was translated into Tamil version and the validity and reliability was established by expert opinion.

Ethical considerations: Approval for carrying out this study was obtained from Nursing research monitoring committee and Institute Ethics Committee, Human studies.

Data Collection Procedure: Data was collected for the duration of 3days, per day 80 patients. Each investigator collected data from 15-20 patients per day for about 15-20 mts each by using validated tool.

Data Analysis: All the categorical data were presented on frequencies and percentages. The association of self-medication practice with demographic variables was done with chi-square test. All statistical analysis had been carried out at 5% level of significance and p-value < 0.05 was considered significant.

RESULTS

Among 244 patients attending medicine OPD, 113(46.3%) belong to age group of 35-55 years and among them 164(67.2%) were females. Regarding the educational status, 124(50.8%) had primary education. A majority of patients 124(50.8%) were unemployed and 210(86.1%) had average income less than 5000. Majority of patients 195(79.9%) reside in rural area and most of them 205(84%) did not have a healthcare provider at home. Among the group 132(54.1%) were suffering from chronic illness.

Among the 147 patients taking self-medication, 67(45.57%) have taken self-medication for aches and pains and 57(38.77%) have used self-medication for more than one ailment. Majority of them 129(38.77%) have obtained self-medication from community pharmacy and the reason for self-medication among 120(81.7%) was convenience. Among the group 37(25.1%) have suggested self-medication to others and 89(60.5%) participants have never check the instructions that come with the self-medication. 37(25.17%) have taken self-medication for single ailment chronically and 11(7.48%) have tried multiple drugs for a single ailment. Majority of the group 123(83.67%) is not concerned regarding consumption of counterfeit medication and 125(85%) have stopped taking self-medication after symptoms disappeared. Among 147 participants 30(20.4%) have experienced side effects while taking self-medication and among them the most of them 12(40%) had nausea and vomiting and 13(43.3%) of them have stopped taking the medication following an adverse reaction. Among the participants 99(66.0%) were not aware of the medicine they were taking and 116(78.9%) were reported to take self-medication at times.

Table 1 depicts the association of self-medication practices with socio-demographic variables. Chi square test was done to assess the association of self-medication practices with various socio-demographic variables. The study findings reveal that among the socio-demographic variables such as age (p=0.03) and occupation (p= 0.03) were found to be statistically significant, but may not be clinically significant because of heterogeneity of the study population.

DISCUSSION

Self-medication practices: The present study reveals that among 244 participants, 147(60.2%) were practicing self-medication, and 97(39.8%) were not practicing

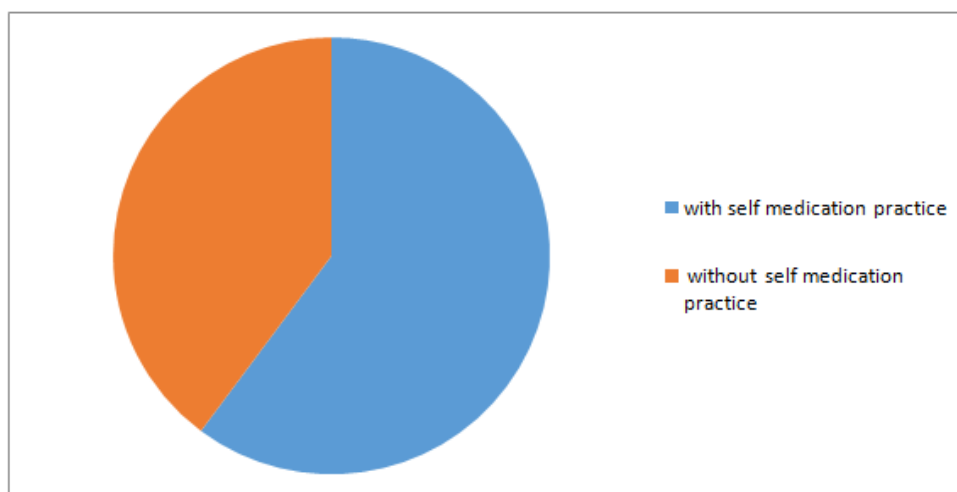


Figure 1. Shows that among the 244 participants, 147(60.2%) of participants with self- medication practice and 97 (39.8%) participants without self- medication practice

Table 1. Association of self- medication practices with socio- demographic variables N=244

Variables	Categories	With self Medication		Without Self medication		Statistical significance (p)
		N	%	N	%	
Age	<35	45	30.6	33	34	0.03
	35-55	75	51.0	38	39.2	
	>55	27	18.4	26	26.8	
Gender	Male	49	33.3	31	32	0.83
	female	98	66.7	66	68	
Education	Illiterate	44	29.9	26	26.8	0.18
	Primary	73	49.7	52	53.6	
	Secondary graduate	9	6.1	10	10.3	
Occupation	Not working	21	14.3	9	9.3	0.03
	Working laborer	67	45.6	57	58.8	
		36	24.5	17	17.5	
Income	<5000	44	29.9	23	23.7	0.32
	5000-10000	124	84.4	86	88.7	
	>10000	17	11.6	8	8.2	
Domicile	Urban	6	4.1	3	3.1	0.91
	rural	30	20.4	19	19.6	
		117	79.6	78	80.4	

self-medication. The present study found that among the 147 patients taking self-medication, 67(45.57%) have taken self-medication for aches and pains and 57(38.77%) have used self-medication for more than one ailment. Among the group 37(25.1%) have suggested self-medication to others and 89(60.5%) participants have never check the instructions that come with the self-medication. 37(25.17%) have taken self-medication for single ailment chronically and 11(7.48%) have tried multiple drugs for a single ailment. Majority of the group 123(83.67%) is not concerned regarding consumption of counterfeit medication and 125(85%) have stopped taking self-medication after symptoms disappeared. The present study found that among 147 participants, 99(66.0%) were not aware of the medicine they were taking and 116(78.9%) were reported to take self-medication at times.

Kulkarni et al conducted a cross sectional study on self-medication and found that self-medication was practiced by 30.5% of respondents and was more prevalent among 26-35 age group. About 90% of the respondents don't know the type of drugs given by the pharmacist. Mogali et al conducted a study on self-medication practice and revealed that 85% of the participants practiced self-medication in the last three months prior to the data collection. Gauri et al conducted a study on survey of knowledge, attitude and practices of self-medication in Pune region.

All of the post graduate medical students and non-medical graduate students self-medicate, 90% of patients self-medicate. Ahmed et al conducted a study on Self-Medication Practice among Patients Attending a sample of Primary Health Care Centers in Erbil City. The Prevalence of self-medication was 52.6%, 64.6% of the users practiced it in the past 2 weeks before the survey. Mehta et al conducted a study on a descriptive cross-sectional study to assess knowledge, attitude and practice regarding self-medication. The result revealed that the principal morbidities for seeking self-medication include cold and cough as reported by 85.7% followed by pain 76.2%, fever 73%, diarrhea 47.6% and dysmenorrhea 46%. Drugs / drugs group commonly used for self-medication included analgesics 75.8%, and anta-acids 53.2% and antipyretic 46.3%. Among reasons for seeking self-medication, 79.2% felt that their illness was minor while 61.9% preferred as it is due to previous experience. The present study found that among the 147 patients taking self-medication, majority of them 129(87.7%) have obtained self-medication from community pharmacy and the reason for self-medication among 120(81.7%) was convenience. Albalawi et al conducted a cross-sectional study among 300 adults in different age group, sex and level of education. The result revealed that mean age of respondents was the adolescent. While the common source of self-medication was the private pharmacy. The present study found that among the 147 patients taking self-

medication, 30(20.4%) have experienced side effects while taking self-medication and among them the most of them 12(40%) had nausea and vomiting and 13(43.3%) of them have stopped taking the medication following an adverse reaction.

Association between practice of self-medication with selected demographic and clinical variables: The present study found that among the 147 patients taking self-medication, there is an association with age ($p=0.03$) and occupation ($p=0.03$) were found to be statistically significant, but may not be clinically significant because of heterogeneity of the study population. Mogli et al conducted a study on self-medication practice among Yemeni patients in and shown that respondents who are urban, married and older than 40 years are more likely to practice self-medication. Ahmed et al conducted a study on Self-Medication Practice among Patients Attending a sample of Primary Health Care Centers in Erbil City. Significant association was found between its practice and; urban residency (p value <0.001), high socio-economic status (p value 0.004), hearing about side effect (p value 0.013), and patients who experienced side effect (p value <0.001).

Implications for nursing practice: The nurses who are always available in immediate care to the patients can become an important source of information to the patients regarding the side effects and organ damage of self-medication. They can bring awareness to the public through mass media etc.

Implications for nursing education:

The study will help the Nurses to,

- Prepare an appropriate teaching module for nursing students.
- Prepare appropriate A.V. aids for educating the community.

Implications for nursing research: There is a need to conduct further research in other hospitals in different states to examine the practice of self-medication. The present study can be a valuable reference material for future research. The findings of the study can be disseminated to staff nurses and student nurses which can be utilized for providing evidence based care for the patients.

Implications for nursing administration: As an administrator, participate in development of mass education programme and implement the interventions for the awareness of self-medication at hospitals and in the community.

Recommendations for further study

- For the generalization of the study results, a similar study can be replicated with larger sample.
- Similar study can be conducted among homogenous group.
- Similar study can be conducted in community settings.
- A comparative study between the rural and urban population can be conducted.

Delimitations: The study is delimited to patients attending Medicine OPD of JIPMER and available during data collection period.

The consecutive sampling technique had limited the disproportionate distribution of the study units.

Conclusion

The study revealed that prevalence of self-medication was high among study population. Majority of respondents practiced self-medication for minor ailments and to get quick relief. Pharmacists are a big source of providing drugs for self-medication. There is need for health care The study revealed that prevalence of self-medication was high among study population. Majority of respondents practiced self-medication for minor ailments and to get quick relief. professionals to educate the general public about the hazards of inappropriate medicine use, and there should be restrictions on over-the-counter sale of drugs without doctor's prescription.

REFERENCES

- Abrha S., Molla F., Melkam W. 2014. Self-medication Practice: the Case of Kolladiba Town, North West Ethiopia. *International Journal of Pharma Sciences and Research.*, 5:670-7.
- Abula T., Work A. 2001. Self-medication in three towns of northwest Ethiopia. *Ethiopia J health Dev.*, 15:25-30.
- Ahmed NM., Sulaiman KH. 2016. Self-Medication Practice among Patients Attending a sample of Primary Health Care Centers in Erbil City. *Journal of Education and Practice.*, 07:73-9.
- Albalawi AM., AlAnazi BD., Kholoud A., Althmali, Alzhahrani OM., Aloqbi HS. 2015. A descriptive study of self-medication practices among patients in a public health care system in Tabuk City. *International Journal of Academic Scientific Research.* 3:127-33.
- Ali AN., Kai JTK., Keat CC., Dhanaraj SA. 2012. Self-medication practices among health care professionals in a Private University, Malaysia. *Int Current Pharm J.*, 1: 302-10
- Available:
<http://apps.who.int/medicinedocs/pdf/s2218e/s2218e.pdf>
- Bennadi D. 2014. Self-medication: A current challenge. *J Basic Clin Pharm.*, 5:19-23.
- Gauri HK., Smita AT., Balasaheb BG., 2015. A survey of knowledge, attitude and practices of self-medication in pune region. *Int J Med Res Health Sci.*4:811-6.
- Gelayee DA. 2017. Self-Medication Pattern among Social Science University Students in Northwest Ethiopia. *J Pharm (Cairo).* 2017.
- Gholap MC., Mohite VR. 2013. Assess the self-medication practices among staff nurses. *Indian J Sci Res.*, 4: 81-84.
- Grigoryan L., Burgerhof JG., Degener JE., Deschepper R., Lundborg CS., Monnet DL. et al., 2007. Attitudes, beliefs and knowledge concerning antibiotic use and self-medication a comparative European study. *Pharmacoepidemiol Drug Saf.*16:1234-43.
- Gupta P., Bobhate PS., shrivastava SR. 2011. Determinants of self-medication practices in an urban slum community. *Asian J Pharm Clini Res.*, 4:54-7.
- Gutema GB., Gadisa DA., Kidanemariam ZA., Verhe D.F., Berhe AH., Hadera MG. et al., 2011. self-medication practices among health sciences students: the case of Mekelle University. *J App Pharm Sci.*, 01:183-89
- Gvawali S., Shankar P.R., Poudel PP., Saha A., 2015. Knowledge, attitude and practice of self-medication among

- basic science undergraduate medical students in a medical school in western Nepal. *J Clin Diag Res.*, 9:17-22.
- Humayaun S., Imran W., Maheed I., Javid N., Hussain M., Azhar M. 2016. Analysis of self- medication practices a descriptive cross sectional study. *Prof Med J.*, 23:608-13
- Humayun S., Imran W., Naheed I., Javid N., Hussain M., Azhar M. 2016. Analysis of self- medication practices; a descriptive cross sectional study. *Professional Med J.*, 23: 608-13.
- Jain M., Prakash R., Bapana D., Jin R., 2015. prevalence and pattern of self- medication practices in urban area of southern rajasthan. *Natl J Community Med.*, 6:474-477
- James H., Handu SS., Al Khaja KA., Ootom S., Sequeria RP. 2006. Evaluation of the knowledge, attitude and practice of self-medication among first-year medical students. *Med PrincPract* 15:270-75.
- Jamhour A., El-Kheir A., Salameh P., Hanna PA., Mansour H. 2017. Antibiotic knowledge and self-medication practices in a developing country: A cross-sectional study. *Am J Infect Control.* 45:384-8.
- Jamhour A., El-Kheir A., Salameh P., Hanna PA., Mansour H. 2017. Antibiotic knowledge and self-medication practices in a developing country: A cross-sectional study. *Am J Infect Control.* 45: 384-8.
- Kasulkar AA., Gupta M. 2015. Self- medication practices among medical students of a private institute. *Indian J Pharm Sci.*, 77:178-82.
- Keshari SS., Kesarwani P., Mishra M. 2014. Prevalence and pattern of self- medication practices in rural area of Barabanki. *Ind J Clin Prac.*, 25:636-39
- Khushboo SG., Shyamal RS., Ranjit M., Viral KD., Ritu SG. 2016. Evaluation of the pattern of self-medication among the paramedical support staff in a tertiary care hospital. *J Young Pharm.* 8:23-7
- KomalRaj M R., Bhat PK., Aruna CN. 2015. Self- medication practices for oral health problems among dental patients in bangalore: a cross sectional study. *IOSR Journal Of Pharmacy.* 5:68-75.
- Kulkarni PK., Khan M., Chandrasekhar A. 2012. Self-medication practices among urban slum dwellers in south Indian city. *Int J Pharm Bio Sci.*, 3:81- 7
- Leyva-Flore R., Erivitin-Erice J., Kageyama ML. 2001. How people respond to illness in Mexico: self care or medical care. 57:15-26.
- Marak A., Borah M., Bhattacharyya H., Talukdar K. 2015. A cross-sectional study on self-medication practices among the rural population of Meghalaya. *Int J Medical Science and Public Health.*, 5:1134-8.
- Mehta RK., Sharma S. 2015. Knowledge, Attitude and Practice of Self-Medication among Medical Students. *Journal of Nursing and Health Science*; 4:89-96.
- Mogali S, Al-Ghanim S, Alduais AMS, Al-Shabrani BF. Self-medication practice among Yemeni in Ibb city: a survey study exploring patients perspectives. *J hospital administration.* 2015;4:32-9.
- Nair MGS., Rajmohan TP., Kumaran J. 2013. Self-Medication Practices of Reproductive Age Group Women in Thiruvananthapuram District, South India: A Questionnaire – Based Study. *J Pharm Sci. & Res.*, 5: 220 - 5.
- Osemene KP., Lamikanra A. 2012. A study of prevalence of self-medication practice among university students in South Western Nigeria. *Trop J Pharm Res.*,11:683-89.
- Patil SB. 2015. Self-medication: awareness and attitude among undergraduate medical students in a tertiary care medical college, dhule. *National Journal of Community Medicine.* 6:198-202.
- Pavyde E., Veihutis V., Maciuliene A., Mrciculis V., Petrikonis K., Stankevicius E. 2015. Public knowledge, beliefs and behavior on antibiotic use and self-medication in Lithuania. *Int J Environ Res Public Health.*, 12:7002-16.
- Sharif SI., Bugaighis LMT., Sharif RS. 2015. Self-Medication Practice among Pharmacists in UAE. *Pharmacology & Pharmacy.*6:428-35.
- Shehnaz S., Agarwal AK., Khan N. 2014. A systematic review of self-medication practices among adolescents. *J Adoles Health.* 2014;55:467-83.
- Tenaw A, Mariam T. 2004. Self- medication practice in Addis Abada. *Ethio J Health Dev.*, 14:92-7
- WHO 2000. Guidelines for the Regulatory Assessment of Medicinal Products for Use in Self-Medication., Geneva.
- Zhao Y., Ma S. 2016. Observations on the Prevalence, Characteristics, and Effects of Self-Treatment. *Front Public Health.* 4: 69.
