

## **Awareness of Self Medication Practices among Dental Undergraduate Students.**

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## **ABSTRACT:**

### **INTRODUCTION:**

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. Self-medication practices are the use of medication without the prescription of professionals.

### **MATERIALS AND METHODS:**

Self-administrated questionnaire was designed based on self-medication practices. The questionnaire was distributed through an online survey planet link. The study population included the number of college students belonging to that category.

### **RESULTS AND DISCUSSION:**

The questionnaire was completed by 100% of the participants of the total 100 participants, 45.9% participants were male, and 54.1% participants were female. Most of the participants have the habit of self-medication. This was due to lack of time to meet a physician. 71.4% of participants agreed that not taking medications as prescribed is a leading cause of hospitalization whereas remaining aren't aware of it in the present study.

### **CONCLUSION:**

Self-medication is prevalent among Indian population. This study is good insight for awareness of self-medication practices among dental undergraduate students. Participants are aware of self-medication practices.

**Keywords:** Self-medication; Drugs; Stress; Knowledge; Treatment.

## **INTRODUCTION:**

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. A self-medication practice is the use of medication without the prescription of professionals (Ruiz, 2010).

The major practices associated with self-medication practices are drug resistance, drug side effects, wastage of resources and serious health hazards including death. Without doctor consultation, Taking medication by our own leads to drug interaction. Some medications also counter the effect of certain drugs such as in case of doxycycline and penicillin. Doxycycline decreases the effectiveness of penicillin when taken simultaneously (Rashid *et al.*, 2019).

Medication understanding and use self-efficacy (MUSE) has shown great importance in self-medication, but its relationship with medication non adherence in stroke-preventive regimens lacks exploration (Appalasamy *et al.*, 2019).

Antimicrobial resistance [AR] is one of the rising global health threat. AR happens when microorganisms such as bacteria, fungi, viruses, change when they are exposed to antimicrobial drugs such as antibiotics, antivirals etc.. Tuberculosis, Cholera, Malaria are becoming more and more drug resistance (Tuyishimire *et al.*, 2019).

Acne is the most common skin condition worldwide. Use of medicinal products by the consumer to treat symptoms may lead to health problems as it is self medicated. Tetracycline was the most common type used for treating acne (Tameez-Ud-Din *et al.*, 2019).

Self medication of antibiotics is associated with the risk of unfit drug use, which animate patients to drug interactions, masking symptoms of a disease, and development of microbial resistance. The appearance of multi drug-resistant bacterial strains, which are highly tolerant to many antibiotic classes. Impact of self medication with antibiotics leading to health hazards, are multifaceted as

they are linked to poverty, inaccessibility, poor quality of health care facilities etc. (Torres, Solomon and Middleton, 2019).

The field of brain science encompassing the utilization psychoactive medications is frequently explicitly comparable to the utilization of recreational medications, liquor, comfort nourishment, and different types of conduct to lighten manifestations of mental trouble, stress and anxiety including dysfunctional behaviours as well as mental trauma, is especially one of a kind and can fill in as a genuine impairment to physical and emotional well-being whenever spurred by addictive mechanisms (AlQahtaniet *al.*, 2019). In postsecondary (college/understudies, the utilization of self-sedating of study-medications, for example, Adderall, Ritalin, and Concerts has been broadly revealed and examined in literature (Van Ha, Nguyen and Nguyen, 2019).

Products are showcased by producers as valuable for self-prescription, now and then based on faulty proof. Cases that nicotine has restorative worth have been utilized to advertise cigarettes as self-controlled prescriptions (Karimyet *al.*, 2019). These cases have been scrutinized as erroneous by autonomous researchers. Unverified and unregulated outsider wellbeing claims are utilized to advertise dietary supplements (Torres *et al.*, 2019).

As various medications have various impacts, they might be utilized for various reasons. As indicated by the self-medicine speculation (SMH), the people's decision of a specific medication isn't unplanned or fortuitous, yet rather, an aftereffect of the people's mental condition, as the medication of decision gives alleviation to the client explicit to their condition (Araia, Gebregziabher and Mesfun, 2019). In particular, fixation is estimated to work as a compensatory intention to balance impacts and treat distressful mental states, whereby people pick the medication that will most properly deal with their particular sort of mental trouble and assist them with accomplishing enthusiastic soundness (Karimyet *al.*, 2019).

Opiates, for example, heroin and morphine, work as a pain relieving agent to narcotic receptors in the mind and gastrointestinal tract. This coupling lessens the impression of and response to torment, while additionally expanding torment resilience (Falola and Heaton, 2008). Sedatives are conjectured to be utilized as self-prescription for animosity and wrath. Sedatives are successful anxiolytics, state of mind stabilisers, and antidepressants, in any case, individuals watch out for self-cure uneasiness and despondency with depressants and energisers separately, however this is in no way, shape or form a flat out examination (Mamo, Ayele and Dechasa, 2018).

The predominance of different sicknesses in the older has expanded the utilization of medications, which is combined with age-related physiological changes and places the old in danger for numerous reactions. The current investigation was meant to decide mindfulness, mentalities and practices of older towards self-prescription (Aziz *et al.*, 2018).

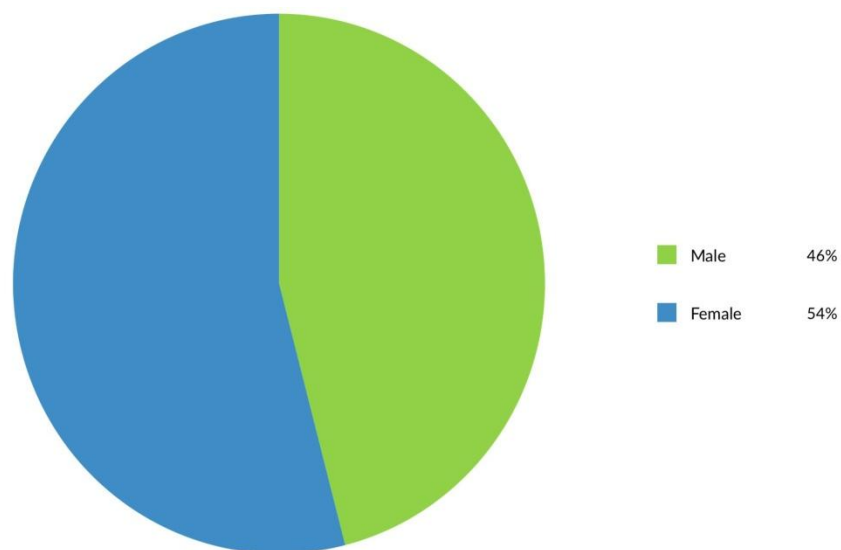
## **MATERIALS AND METHODS:**

Self administrated questionnaire was designed based on self medication practices. The questionnaire was distributed through an online survey planet link. The study population included the number of college students belonging to that category. The participants were explained about the purpose of the answer and were marked by the participants. The data was collected and statistically analysed.

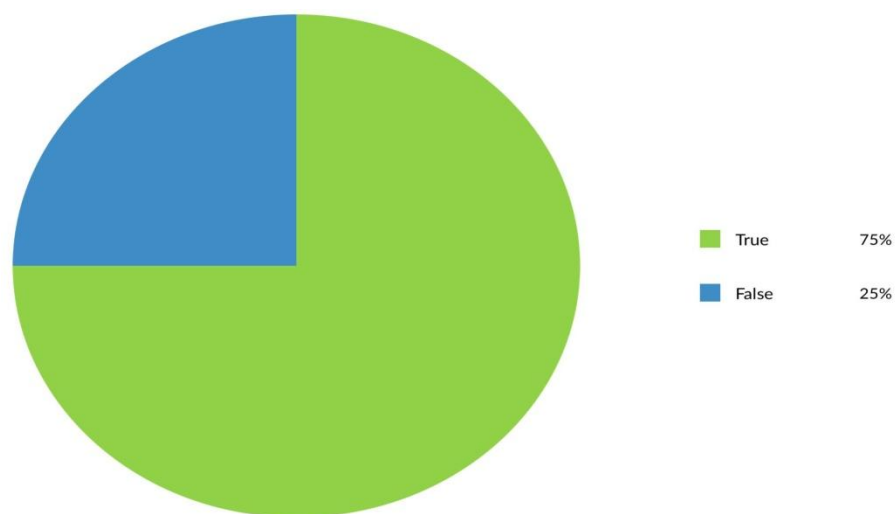
## RESULTS AND DISCUSSION:

The questionnaire was completed by 100% of the participants. Of the total 100 participants, 46% participants were male, and 54% participants were female (figure:1). Most of the participants have the habit of self medication. This was due to lack of time to meet a physician. 75% of participants agreed that not taking medications as prescribed is a leading cause of hospitalisation whereas remaining aren't aware of it in the present study (figure:2). Exercises, stress relief, and eating a heart healthy diet are more important for your health than taking medication. In the present study, over 94.6% of participants agreed to this statement (figure:3). Age 65 years and older is most likely to go to the emergency department with adverse drug events and more likely to be hospitalised as a result of the events, over 45.3% of the participants accepted it, 25.5% of the participants for age group from 12-18 years, 18.9% of the individual for ages newborn through 18 months, remaining for age group from 2-5 years (figure:4). Painkillers were the most commonly used OTC (over the counter) drug by the population followed by antibiotics. 67.6% of the individuals are aware of skills present in patients who successfully self manage their medication include establishing habits, track medication, managing medication costs etc., (figure:5) Any nurse cannot administer the prescribed medication, over 71.6% of the individuals accepted this in the present study. (figure:6). Not taking medications as prescribed is a leading cause of hospitalisation in the US. Most of the participants over 71.4% agreed to this statement (figure:7). Challenges of taking medication are better to discuss with your doctor. Most of the participants over 64.9% accepted that getting details about the medication like how medication works; the way medication makes you feel and how to diagnose the medicine. Asking the pharmacist about your medicines is an example of medication adhering over 43.7% agreed to this statement. Tablets should not be handled as the contamination may alter the coating of medication with a huge population over 72% accepted to this (figure:8).

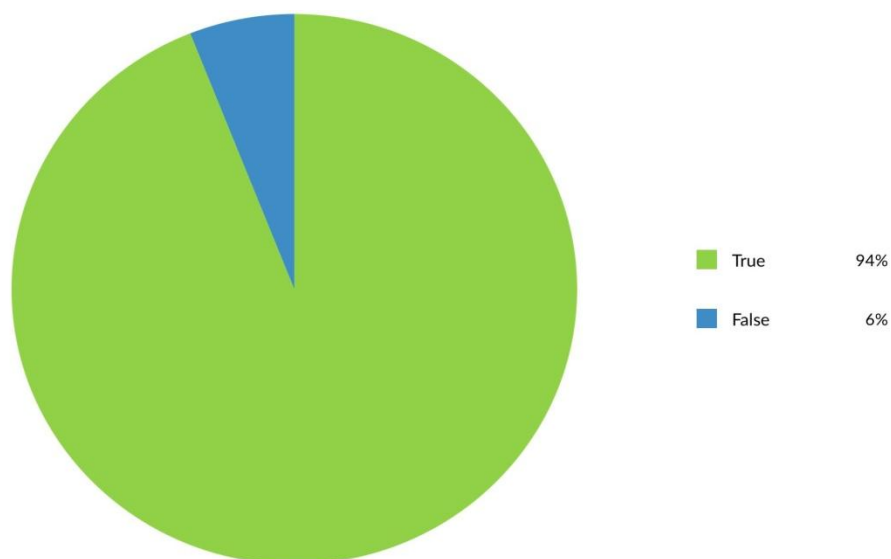
In the previous study, the result concluded was Turkish people group drug specialists and their minor afflictions treatment capabilities still can't seem to flourish as an important expert mediation. There are dangers of missing the best drugstore practice norms, accordingly losing their commitment to sane self-care. Other than debilitating the cultural acknowledgment of the calling to help people's ordinary wellbeing choices and prosperity, there may be a diminished dynamic job in general wellbeing [15]. The other study concluded that the prevalence of rehearsing self-drug in understudies was 63.4%. The most widely recognised meds that the understudies had expended without solution were analgesics by 39.5%, anti-infection agents by 36.9% and cold cures by 24.0% (Cavacoet *al.*, 2018). Previous study concluded that the expansion in self-medicine among the older, adherence to solution criteria for medicare among this age bunch is suggested. At long last, planning and executing different instructive projects in wellbeing training focus is essential for the old and their families to improve mindfulness and practice (Okayay and Erdoğan, 2017). Other studies concluded that many types of medications were frequently sold without solution from network drug stores. Self-medicine was normal practice for a wide scope of sicknesses. Pakistan likewise needs successful execution of arrangements to screen medicine deals. Government funded training about sane prescription and cutoff points to promoting medication are extremely vital (Heidariet *al.*, 2018). In the present study, aim was to create awareness of self medication practices among dental undergraduate students.



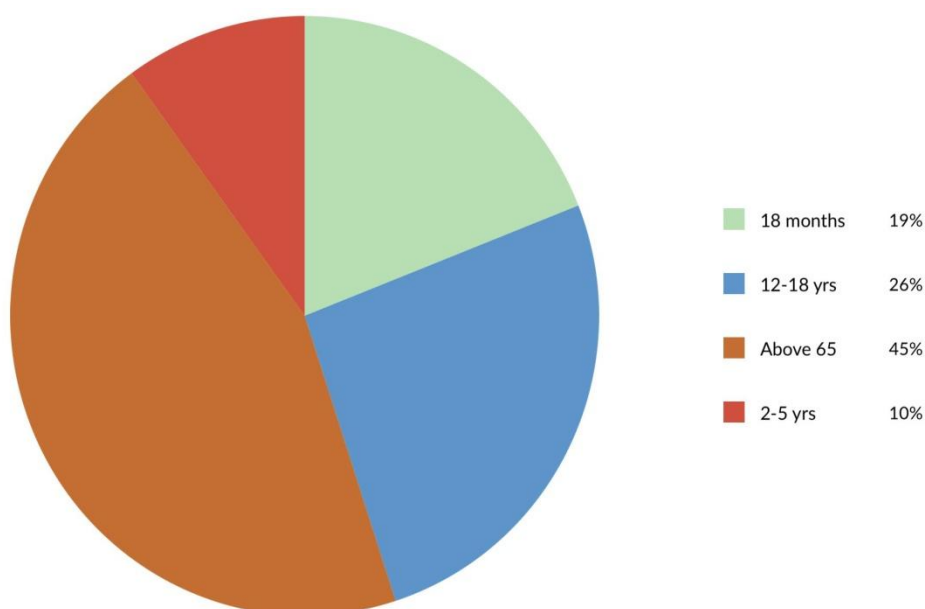
**Figure 1:** Pie chart showing the gender distribution of study population, where green denotes 'male' and blue denotes 'female'. 46% of the participants were male, and 54% participants were female.



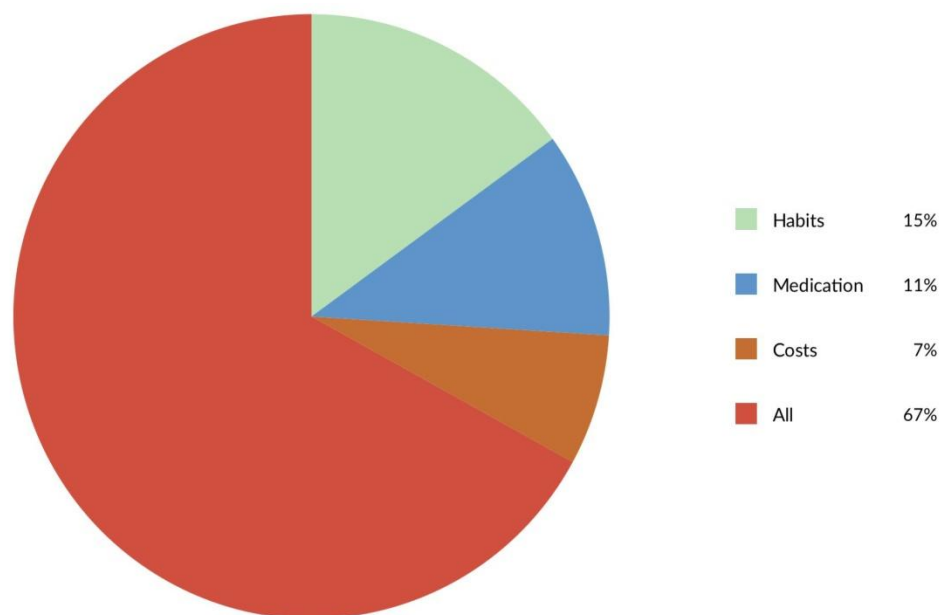
**Figure 2:** Pie chart showing the habit of self medication, where green denotes 'yes' and blue denotes 'no'. 75% of the participants were aware of self medication habits.



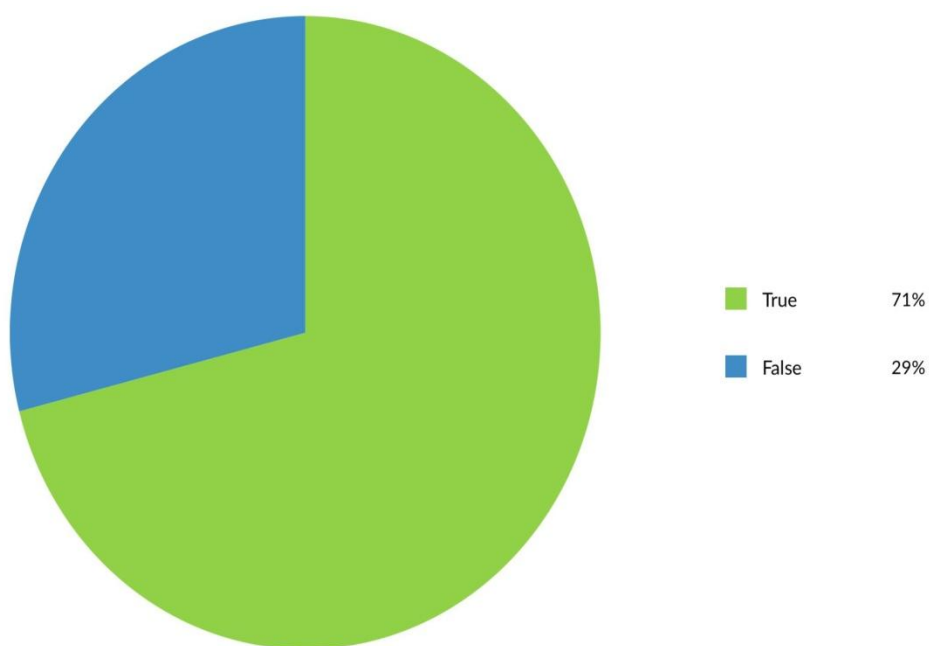
**Figure 3:** Pie chart showing the Exercises ,stress relief, and eating a heart healthy diet are more important for your health than taking medication, where green denotes ‘yes’ and blue denotes ‘no’. 94% of the participants were aware of healthy diets.



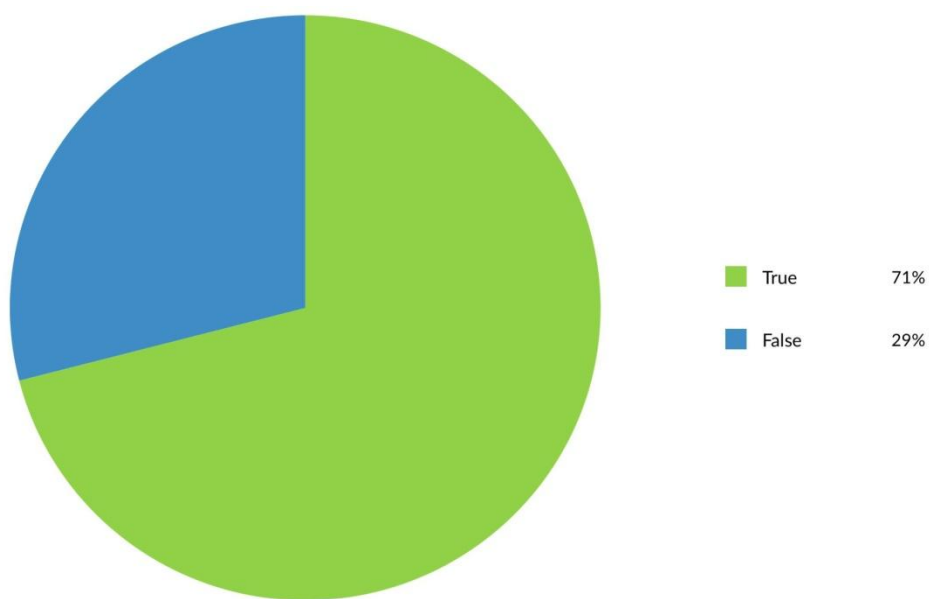
**Figure 4:** Pie chart showing the age group to go to the emergency department with adverse drug events, where green denotes ‘18 months’, blue denotes ‘12-18 years’, orange denotes ‘Above 65 years’ and red denotes ‘2-5 years’. 45% of the participants responded above 65 years.



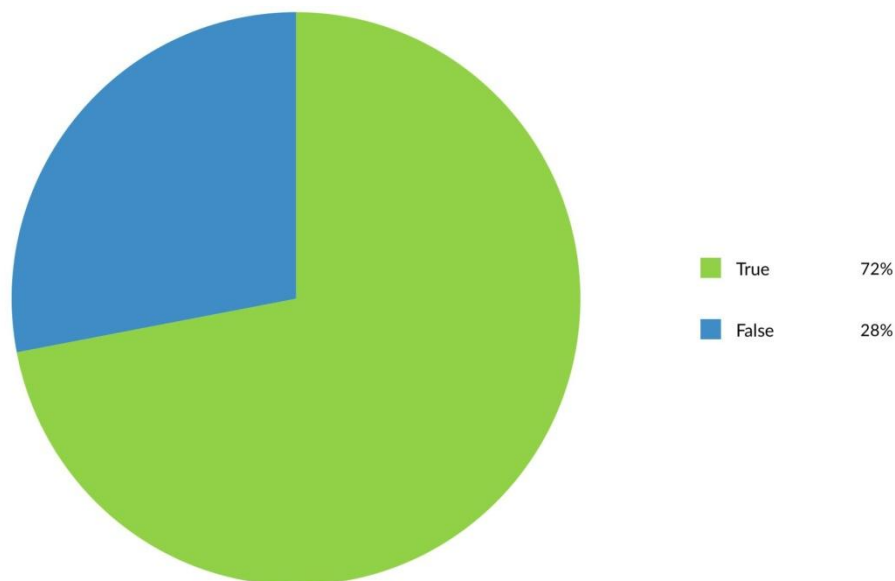
**Figure 5:** Pie chart showing the skills present in patients who successfully self manage their medication, where green denotes ‘Habits’, blue denotes ‘Medication’, orange denotes ‘Costs’ and red denotes ‘All of the above’. 67% of the participants responded all of the above.



**Figure 6:** Pie chart showing that any nurse can administer prescribed medication, where green denotes ‘yes’ and blue denotes ‘no’. 71% of the participants were aware of the prescribed medication.



**Figure 7:** Pie chart showing the disadvantage of self medication, where green denotes 'yes' and blue denotes 'no'. 71% of the participants were aware of the disadvantage of self medication.



**Figure 8:** Pie chart showing the knowledge on tablets, where green denotes 'yes' and blue denotes 'no'. 72% of the participants were aware of the tablets.

## CONCLUSION:

Self medication is prevalent among Indian population. This study is good insight for awareness of self medication practices among dental undergraduate students. Participants are aware of self medication practices. Hence, pharmacists and doctors should make an effort to educate the public on medication.

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