



RESEARCH ARTICLE

Survey of Self-medication Errors amongst Students and Faculty Members of Educational Campus (Gujarat Technological University/Sardar Patel University) of New V.V.Nagar

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ABSTRACT

A total of 500 questionnaire were distributed in the college premises with respondent rate of 450(90%).majority of respondents, 73% were aged between 18-23 years, while 269(59.5%) were female and 181(40.5%) were male. The survey was conducted in the colleges comprising of Ayurvedic, Biotechnology, Engineering and pharmacy. The survey comprised of 290 students (64.4%) including both undergraduate as well as postgraduate students. the rest were faculty members (26.6%) and administration incharge (8.8%). The most prevalent disorder was found to be GIT disturbances (80.1%) and headache (69.9%) on daily basis. The conditions for which self-medication was under taken included Cough and Cold (31.86%), followed by headache (22.98%) and fever (17.36%). Majority of the respondents (89.80%) purchased the drugs from private pharmacies. Side effects observed due to self-medication were found out to be GIT Disturbance(17.2%) followed by vomiting (16.4%) and drowsiness (15.4%).

KEYWORDS

Self-medication, Questionnaire, Respondents, Survey

INTRODUCTION

Self-medication can be defined as 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 disease or symptoms without consulting doctors. It is highly prevalent in all age groups.

Medication errors are a significant issue affecting patient safety and costs in hospitals often posing dangerous consequences for patients. It is important to understand that an analysis of medication errors can help healthcare professionals and managers identify why medication errors occur and provide insight into how to make improvements to prevent or reduce them.

Self-medication is one of the major reason why a medication is converted into an error. The habit of self-medicating/self-prescribing has turned the scenario into a dangerous condition. The patients have started medicating without knowing the details and other consequences.

MATERIALS AND METHODS

1. Experimental Procedure/ Survey Method

Six colleges in campus were selected for the purpose of survey. The students consisted of varied fields like biotechnology, engineering, pharmacy and ayurvedic branch. With prior permission from the principal of respective colleges the survey was conducted in the college premises and the students were selected randomly. The survey format was prepared by the group, incorporating their thoughts and efforts.

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2. Questionnaire

The format consisted of different self-medication parameters starting from the reasons for it to the various disorders faced due to different type of self-medication. The questionnaire was made up by the project team and was cross checked by the guide. The Questionnaire was filled up by the students, faculty members as well as administrative staff of different branches in the college premises in the campus.

3. MS Excel

The opinion through the filled up questionnaire were calculated by the project team. The data so obtained was analyzed with the help of Microsoft excel and various results as well as conclusions were obtained. The graphical results were obtained through the Microsoft office excel. Different graphs were plotted from the data obtained to get a good pictorial representation.

QUESTIONNAIRE

SURVEY

- Name(optional):-
- Age:-
- Gender:-
- College:-
- Branch:-
- Designation:-

- STUDENT ☐
- PROFESSOR ☐
- ADMINISTRATION ☐

SELF-MEDICATION PROFILE

1. Have you undertaken medication by yourself?

YES ☐ NO ☐

2. The reason for self-medication being:-

Knowledge about drugs	
Advertisements	
Prior experience on use	
Lack of time	
Financial constraints	

Non-cooperative attitude of clinic staff	
Illness considered not serious for consultation	
Others, Please specify:-	

3. Whose opinion do you prefer before starting self-medication?

Family, Friends ☐ Doctor ☐
Pharmacists ☐ Others ☐

4. Frequency of self-medication:-

- Occasionally ☐
- Frequently ☐
- Always ☐

5. What is the success rate of self medication in your case?

0% - 25% ☐ 25% - 50% ☐
50% - 75% ☐ 75% - 100% ☐

6. Conditions for which self-medicated:-

Stomach Infections	
Headache	
Respiratory Tract Infections	
Body ache	
Allergic reactions	
Skin Infections	
Cough and Cold	
Fever	
Others, Please Specify :-	

7. Type of medicines taken for self-medication:-

Antibiotics	
Pain killers	
Antacids	
Allergy	
Anti-diarrheal	
Anti-emetic(for vomiting)	
Steroids	
Oral contraceptives	
Anti-anxiety	
Others, Please Specify :-	

8. Side-effects observed due to self-medication:-

Stomach disturbances	
Vomiting	
Skin Rashes	
Headache	
Sleeplessness	
Allergy	
Excitation	
Lethargy	
Sleepiness	
Others, Please Specify:-	

9. Did self-medication lead to overuse of the drug?

YES ☐ NO ☐

10. Did self-medication worsen your condition?

YES ☐ NO ☐

11. Did self-medication lead to addiction of the drug?

YES ☐ NO ☐

12. Do you prefer self-medication over hospital prescribed drugs?

YES ☐ NO ☐

RESULTS

The major reasons given for self medicating were; assumed knowledge on antibiotics (37.3%), prior experience on use (27.30%), while others admitted to lack of time to go for consultation (6.6%). Self-medication with antibiotics (29.17%) was most prevalent among the campus followed by painkillers (28.81%) whereas anti-anxiety (0.8%) drugs were the least consumed. The conditions for which self-medication was under taken included Cough and Cold (31.86%), followed by headache (22.98%) and fever (17.36%). Majority of the respondents (89.80%) purchased the drugs from private pharmacies. Side effects observed due to self medication were found out to be GIT Disturbance(17.2%) followed by vomiting (16.4%) and Drowsiness (15.4%).

DISCUSSIONS

A total of 500 questionnaire were distributed in the college premises with respondent rate of 450(90%). Majority of respondents, 73% were aged between 18-23 years, while 269(59.5%) were female and 181(40.5%) were male. The survey was conducted in the colleges comprising of Ayurvedic, Biotechnology, Engineering and pharmacy. The survey comprised of 290 students (64.4%) including both undergraduate as well as postgraduate students. the rest were faculty members (26.6%) and administration incharge (8.8%).

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The major factors associated with self medication with is assumed knowledge on diseases and their treatments, financial status, prior experience on use of medicines, lack of time and “unseriousness” of the nature of illness.

Although these students admitted to having knowledge on antibiotics, consequences of their misuse and hazards associated with self medication but alarmingly, these did not deter them from indulging in this practice. Students in the faculties of pharmacy and medicine claimed they got involved in this practice because of their tight academic schedules and as such they could not follow lengthy procedures before consultation with a doctor.

On the other hand, students of non-health related faculties got involved in this practice based on the assumption that same or similar symptoms of a disease or infection could be treated with same drug and regimen as used earlier. Community pharmacists can be involved in educating their clients as to the drugs for self-medication and the danger of self medicating with antibiotics and other prescription only drugs.

GRAPHS

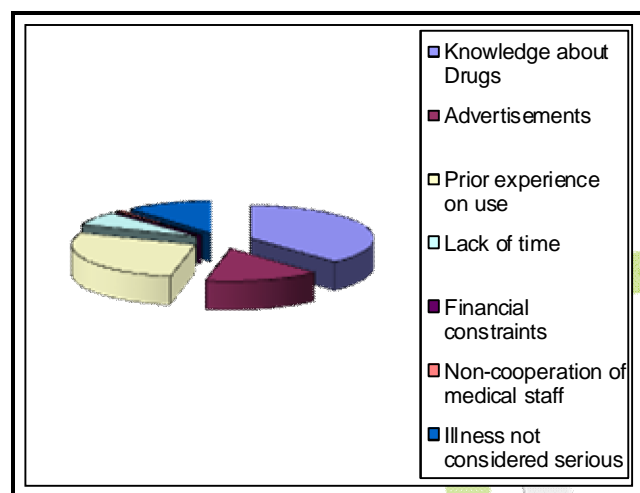


Figure 1: Reasons for self medication

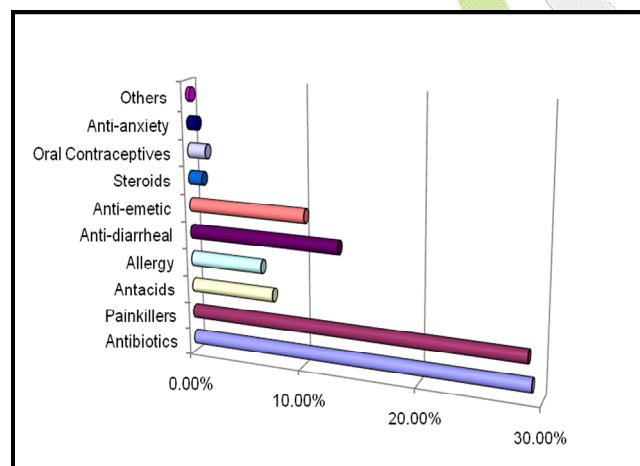


Figure 2: Type of medicines for medication

CONCLUSION

The results from this study are limited to self reported data, and as with all self reported data, it depends on information given by the respondents. This study shows that self-medication is common, inappropriate and may

also lead to various other health problems. Proper vigilance is required to check the self medication. The various problems like sleeplessness, lethargy, depression can be easily solved without medication, if one improves the lifestyle. The implementation of minimum 7-8 hour sleep, daily exercise of one hour and eating healthy diet will definitely improve ones own health and make them less succumbed to daily diseases.

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