



Original Research Article

A Cross-Sectional Study on Self Medication among Nursing Students in Mandya

Sheethal M P, Shanthi M, Vishma B K

Department of Community Medicine. Adichunchugiri Institute of Medical Sciences, B G Nagar, Mandya, Karnataka, India.

Corresponding Author: Shanthi M

Received: 04/11/2014

Revised: 18/11/2014

Accepted: 21/11/2014

ABSTRACT

Background: Self-medication is widely practiced throughout the world. There are limited studies regarding the prevalence of self-medication practices among nursing students.

Objective: To determine the self medication practices among nursing college students.

Materials and methods: Cross-sectional study involving all the students in a nursing college in Mandya. Data was collected using a pretested, structured questionnaire.

Results: Prevalence of self-medication was 65.18%. Majority of them had used allopathic medicines (80.8%), most common reasons for self medication were fever, headache and cough/cold.

Conclusion: Self-medication practices were higher among the nursing students in the present study.

Keywords: self-medication, nursing students, Mandya

INTRODUCTION

Self-medication as one element of self-care, is defined as “the selection and use of medicines by individuals to treat self-recognised illnesses or symptoms.”^[1]

The concept of self medication exists since ages and it is prevalent throughout the world.^[2] Self medication is like a double edged sword, at one end it helps in reducing the burden over the health care system and thereby reduces the cost of the health care.^[3] But on the other end, improper self medication practices may lead to serious adverse drug reactions^[4] and it may also augment the antibiotic resistance which is an emerging problem worldwide.

Hence there is a need to know the prevalence of self-medication practices

among the various segments of the community before undertaking any regulatory measures. The present study intends to determine the prevalence of self medication among the nursing students as they handle various types of medicines which in turn increase the access to medicines among them.

Objective:

To determine the self medication practices among nursing college students of Adichunchugiri college of nursing in BG Nagar, Mandya

MATERIALS AND METHODS

The present study was a cross-sectional study carried out on the nursing college students of Adichunchugiri College

of Nursing in BG Nagar in the month of June 2014. All the nursing students from 1st year to 4th year were included in the present study. Of the 120, 112 were covered in the study and the rest were not covered due to absenteeism (>3 visits). Necessary permission from the concerned authorities was obtained. The purpose of the study was explained and those who consented to participate in the study were administered a predesigned and pretested questionnaire to elicit the information of self medication practices.

Data was entered into Microsoft excel sheet and analyzed using SPSS software. The statistical tests used were descriptive statistics like frequency and percentages.

RESULTS

Of the total 120 nursing students, 112 students were included for the present study. The mean age of the study population was 20±0.9years, of which 27 were in 1st year, 32 from 2nd year, 26 from 3rd year and 27 belonged to final year.

Table 1: Reasons for self-medication

Reasons	Frequency	Percentage
Prescribed during similar episode in the past	38	33.9
Illness not serious	67	59.8
It was cost effective	2	1.8
Emergency.	5	4.5
Total	112	100

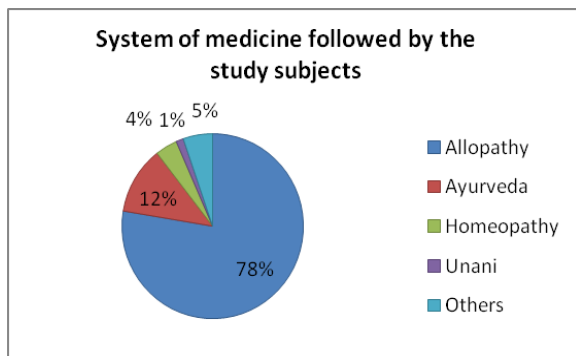


Fig 1: System of medicine followed by the study subjects.

Out of 112 respondents, 73 (65.18%) reported self medication in the past one month. In the present study 12 (44.4%) among the first year, 27(84.4%) of the second year, 18(69.2%) of the third year and 16 (59.3%) of the fourth year students practiced self-medication.

Table 2: Sources of medicines.

Source	Frequency	Percentage
Medical shop	91	79.1
Hospital	20	17.4
Medical representatives	4	3.5
Total	115	100

Of the 73 students who self medicated, majority i.e., 59 (80.8%) of them had used allopathic medicines and only 17 (23.3%) used others like Ayurveda, Homeopathy and Unani.

Table 3: Source of information regarding self-medication.

Information source	Frequency	Percentage
Reading material	30	26.9
Previous prescription	41	36.6
Pharmacist	22	19.6
Friend	15	13.4
Traditional healers	14	12.5
Total	112	100

In the present study, the most common conditions for which they sought self-medications were fever; headache, common cold followed by body ache and gastritis, and the most common medicines used were antipyretics, antibiotics followed by analgesics and antacids.

Among the study subjects, the most common source of information regarding self medication was from previous prescription and drugs from medical store.

With regard to the reasons for self-medication, majority of them responded that they self-medicated because the illness was not serious. Majority of the study subjects felt that self-medication practices is safe for few drugs, only 15 of them felt that it is not safe at all.

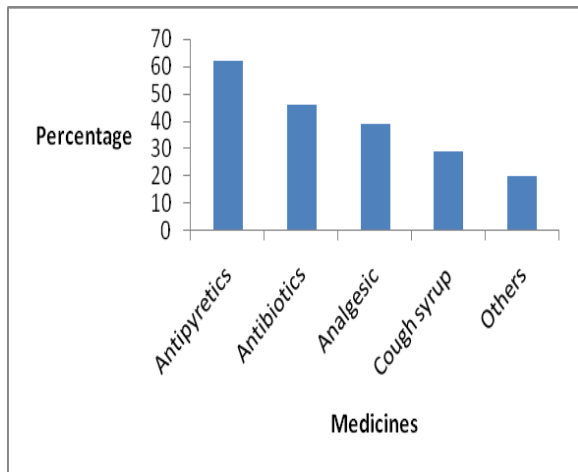


Fig 2: Categories of drugs commonly self-prescribed.

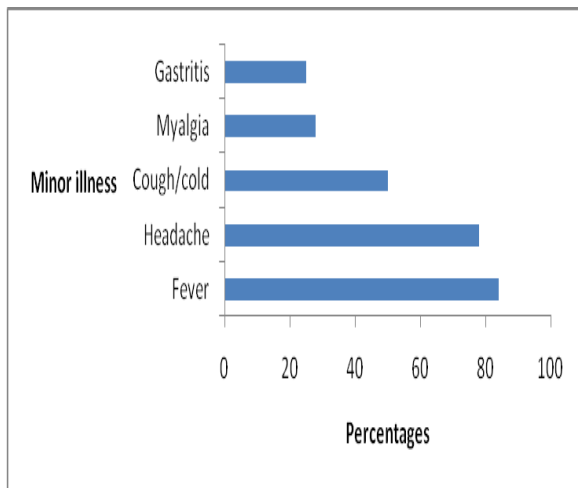


Fig 3: Indications for self-medication.

DISCUSSION

In the present study, the prevalence of self-medication is 65.18%. However, the prevalence ranges from 38% to 98% in various other studies. [5-9] In studies conducted within India, the prevalence of self-medication among the medical students was shown to be ranging between 57.1% and 92%. [10-12] This wide variation in the prevalence may be due to the variation in socio-demographic profile and different tools used in finding out the prevalence of self-medication.

In the present study the most common causes for which they practised self-medications were fever, headache and

common cold/cough. Similar findings were reported in a study conducted by Kayalvizhi S et al, [13] which concluded that fever, headache and cough/common cold were the most frequently reported illnesses for the practice of self-medication. However in few other studies it was concluded that the most common symptoms for which they practiced self-medications were headache, followed by cough and common cold. [5,14]

Thus, headache, fever, cough/common colds are the commonest minor conditions/symptoms reported in different studies for which students self-medicate.

Allopathic system was the commonest system of medicine followed by the study subjects which is similar to the findings made in other studies from India. [15-17] Self-medication practices were high among second year and third year students which was a similar to the study conducted by Souza et al. [18] This may be due to the introduction of pharmacology during second year period.

Illness being trivial was the most common reason observed in the present study, which was similar to other studies. [10,11,17] In contrary, time saving, [13] and for quick relief [16] was observed in few studies.

In the present study previous prescription for the similar illness was reported as the commonest source of information about the drugs used for self-medication, which was similar to observation made in other studies in India. [13,15,17] Whereas, few other studies reported that textbooks were the commonest source of information. [5,11]

CONCLUSION

Self-medication practices were higher among the nursing students in the present study. Majority of them had used allopathic medicines and most common reasons for self medication were fever, headache and cough/cold.

REFERENCES

1. The Role of the Pharmacist in Self-Care and Self-Medication. Available: <http://apps.who.int/medicinedocs/pdf/whozip32e/whozip32e.pdf> Accessed: 4.08.2014
2. Banerjee I, Bhadury T. Self-medication practice among undergraduate medical students in a tertiary care medical college, West Bengal. *J Postgrad Med* 2012;58: 127-31
3. Alano GM, Galafassi LM, Galato D, Trauthman SC. Responsible self-medication: review of the process of pharmaceutical attendance. *BJPS* 2009; 45(4):626-633.
4. Arzi A, Ashtarinezhad A, Sarahroodi S, Sawalha AF: Antibiotic self-medication among Southern Iranian University students. *International Journal of Pharmacology* 2010; 6(1):48-52.
5. Abay SM, Amelo W. Assessment of self-medication practices among medical, pharmacy, and health Science Students in Gondar University. Ethiopia. *Journal of Young Pharmacists* 2010; 2(3):306-310.
6. Buke C, Limoncu M, Ermevtcan S, Ciceklioglu M, Tuncel M, Kose T, et al. Irrational use of antibiotics among university students. *J Infect* 2005; 51:135-9.
7. Lau GS, Lee KK, Luk CT. Self-medication among university students in Hong Kong. *Asia Pac J Public Health* 1995; 8:153-7.
8. Zafar SN, Reema S, Sana W, Akbar JZ, Talha V, Mahrine S, et al. Self medication amongst university students of Karachi: Prevalence, knowledge and attitudes. *J Pak Med Assoc* 2008; 58:214
9. Sawalha AF: Assessment of self-medication practice among university students in Palestine: Therapeutic and Toxicity Implications. *The Islamic University Journal (Series of Natural Studies and Engineering)* 2007;15(2):67-82.
10. Banerjee I, Bhadury T. Self-medication practice among undergraduate medical students in a tertiary care medical college, West Bengal. *J Postgrad Med* 2012; 58(2): 127–131.
11. Badiger S, Kundapur R, Jain A, Kumar A, Pattanshetty S, et al. Selfmedication patterns among medical students in South India. *Australas Med J* 2012; 5(4):217–220.
12. Sontakke SD, Bajait CS, Pimpalkhute SA, Jaiswal KM, Jaiswal SR. Comparative study of evaluation of self-medication practices in first and third year medical students. *Int J Biol Med Res* 2011; 2(2): 561–564.
13. Kayalvizhi S, Senapathi R. Evaluation of the perception, attitude and practice of self-medication among business students in three selected cities, south India. *International Journal of Enterprise and Innovation Management Studies* 2010; 1(3):40-44.
14. Gutema GB, Gadisa DA, Kidanemariam ZA, Berhe DF, Berhe AH, Hadera MG. Self-Medication Practices among Health Sciences Students: The Case of Mekelle University. *Journal of Applied Pharmaceutical Science* 2011;01(10): 183-189.
15. Verma RK, Mohan L, Pandey M. Evaluation of self medication among professional students in North India: proper statutory drug control must be implemented. *Asian J*

- Pharmaceutical Clin Res 2010;3(1): 60–64.
16. Gupta V, Bansal P, Manhas R, Singh Z, Ghaiye P. Preferred system of medicine and reasons of self-medication among college students in Malwa region of Punjab. *J Drug Deliv and Ther* 2011;1(2):27–29.
17. Kumar N, Kanchan T, Unnikrishnan B, Rekha T, Mithra P, et al. Perceptions and Practices of Self-Medication among Medical Students in Coastal South India. *PLoS ONE* 2013; 8(8): e72247. doi:10.1371/journal.pone.0072247
18. Souza LAF, Silva CD, Ferraz GC, Faleiros FAE, Pereira LV. The Prevalence and Characterization of Self-Medication for Obtaining Pain Relief among Undergraduate Nursing Students. 2011;19(2):245-51.

How to cite this article: Sheethal M P, Shanthi M, Vishma B K. A cross-sectional study on self medication among nursing students in Mandya. *Int J Health Sci Res.* 2014;4(12):79-83.

International Journal of Health Sciences & Research (IJHSR)

Publish your work in this journal

The International Journal of Health Sciences & Research is a multidisciplinary indexed open access double-blind peer-reviewed international journal that publishes original research articles from all areas of health sciences and allied branches. This monthly journal is characterised by rapid publication of reviews, original research and case reports across all the fields of health sciences. The details of journal are available on its official website (www.ijhsr.org).

Submit your manuscript by email: editor.ijhsr@gmail.com OR editor.ijhsr@yahoo.com