

PRELIMINARY STUDY ON SELF MEDICATION PRACTICE AMONG ALLIED HEALTH SCIENCES STUDENTS, UNIVERSITY OF JAFFNA

V¹. Viniththira, and L². Kamalarupan

^{1,2}Unit of Allied Health Sciences, Faculty of Medicine

¹Viniththira@gmail.com

²k_Luxmi@yahoo.com

Introduction: Self-medication is a common practice worldwide and the irrational use of drugs is a cause of concern. Allied health sciences students who differed from the general population and they were exposed to knowledge about diseases and drugs, so they might be expected to behave differently.

General objective:

To assess the self-medication practice among Allied Health Sciences students, University of Jaffna

Specific objectives:

To find the prevalence of self-medication

To assess the self-medication practice

Methodology: Self-administered questionnaire was administered to the second, third and fourth year Allied Health Sciences students. The SPSS 16 was used to analyze the data.

Results: In 3 batches randomly selected 75 students were recruited, and among the respondents 28% were male and 72% were female and age group between 21 to 27 years. The prevalence of self-medication was 90.7%, female students were more likely to self-medicated than male students (ODD=1.39). Allopathic, Ayurvedic medicines and home remedies were used as self-medication. The drugs involved in self-medication include Antipyretics (78%), Multivitamins (29%), Antihelminthics, (20%) and Antibiotics (20%). The illnesses commonly involved with self-medication were headache (80%), Common cold (53%), Body pain (50%), fever (45.6%) and menstrual pain (38%). The major reasons which stimulate them to take self-medication were previous experience for particular illness (84%), emergency relief (69%), and avoid long waiting at clinic (41%). The reasons for seeking medical advice after self-medication practice were symptoms not relief (57%), symptoms last for more than one week (45%), and perceived that the illness is serious (42%). The students (n=7) who don't have self-medication practice stated that the risk of adverse effects of drugs (57%) was the main reason for not having the practice.

Key Words: Self-medication,