

Gujarat State Pharmacy Council

Sponsored

Refresher Course for Registered Pharmacist

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SELF-MEDICATION AND ITS DEMERITS

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SELF MEDICATION





Definition

- Self-medication is the act by which we medicate ourselves with no prescription, which some drugs lead to dependence and therefore the mass consumption of them.





- According to WHO, self medication is the selection & use of medicines by persons to treat self-recognized illness or symptoms. This broadly includes old prescription, referring prescription, acquiring medication without prescription and consulting friends & relatives, neighbor's social group sharing medicines.





Advantages of Self Medication

- Time saving
- Convenient
- Enable patients to control their own chronic conditions
- Economical
- Useful for mild illness
- Reduce the pressure on medical services where health care personnel are insufficient



Potential risk of Self Medication



- ❖ Incorrect self-diagnosis
- ❖ Failure to seek appropriate medical advice promptly
- ❖ Incorrect choice of therapy
- ❖ Failure to recognize special pharmacological risks
- ❖ Rare but severe adverse effects
- ❖ Failure to recognize or self-diagnosis contraindications, interactions
- ❖ Failure to recognize that the same active substance is already being taken under a different name





- ❖ Failure to report current self-medication to the prescribing physician (double medication/harmful interaction)
- ❖ Failure to recognize or report adverse drug reactions
- ❖ Incorrect route of administration
- ❖ Inadequate or excessive dosage
- ❖ Excessively prolonged use
- ❖ Risk of dependence and abuse
- ❖ Food and drug interaction





Trend of “Rx-to-Over-the-Counter Switch”

Many new medicines are first introduced as prescription medicines. After a sufficient time has passed in the use of the medicine by many patients and large-scale experience and scientific information has been gathered, for suitable conditions a manufacturer may elect to submit an application to the appropriate authority for the medicine to be given OTC status



Common Drugs used for Self Medication

Sr. No.	Drug / drug group	Brand Name
1.	Analgesics	Saridon
		Disprin
2.	Antipyretics	Calpol
		Crocin
3.	Cough Preparations	D cold total
		Glycodin
		Corex
		Benadryl
4.	Antibiotics	Amoxil
		Trimox
5.	Antiallergic	Levorid
		Cetzine
6.	Antacids	Rantac
		Zinetac





Drugs or drug groups used for self-medication

Sr. No.	Drugs/drug groups	Frequency	Percentage (%)
1	NSAIDs	39	41.05
2	Anti-allergics	17	17.89
3	Anti-tussives	4	4.21
4	Antacids	22	23.15
5	Eye/ Ear drops	2	2.10
6	Anti-amoebics	2	2.10
7	Anti-biotics	9	9.47





Factors for self-medication

Sr. No.	Reason	Frequency	Percentage (%)
1	Prior experience	27	28.42
2	Non-serious illness	47	49.47
3	Emergency use	10	10.52
4	Cost-effectiveness	11	11.57



Information source for those who practiced self-medication



Sr. No.	Information source	Frequency	Percentage (%)
1	Reading material	43	45.26
2	Advice from pharmacist	32	33.68
3	Advice from friend	14	14.73
4	Others	6	6.31



Outcome of Self medication






What drugs are abused more?

- Opioids
- Central nervous system depressant
- Stimulants
- Pain relievers
- Antibiotics
- laxatives



Type of drug	Effects on body coordination
<u>Stimulants</u> <ul style="list-style-type: none"> • Amphetamines • nicotine 	<ul style="list-style-type: none"> • Speed up body metabolic rate. • Increase wakefulness. 
<u>Depressants</u> <ul style="list-style-type: none"> • Barbiturate • Heroin • morphine 	<ul style="list-style-type: none"> • Slow down the response to a stimulus. • Sleepiness • Can calm nerves and relax muscle. • Difficulty in thinking.
<u>Opiates</u> <ul style="list-style-type: none"> • Opium • morphine • cocaine 	<ul style="list-style-type: none"> • Reduce pain and anxiety.
<u>Hallucinogen</u> <ul style="list-style-type: none"> • Marijuana • LSD 	<ul style="list-style-type: none"> • Cause hallucination (state where your senses of space, distance, and time become altered) . • May result in madness and suicidal.

What are dangers of abusing drugs?

OPIOIDS

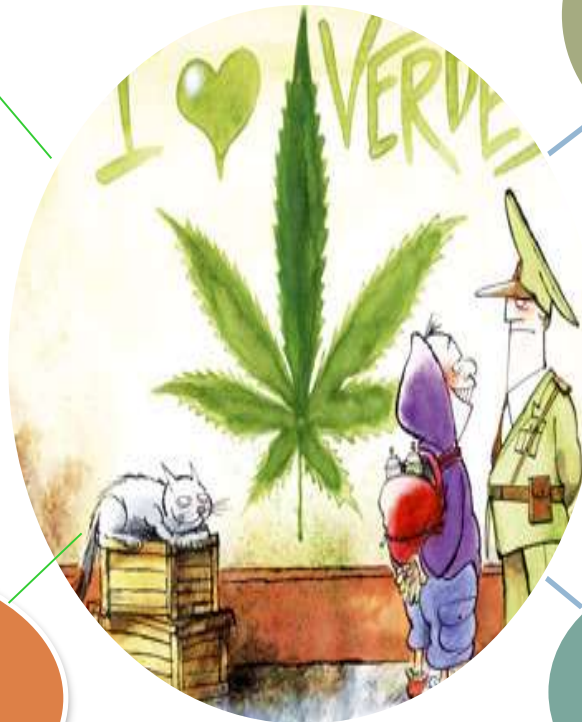
Decreased
respiratory
function

Vomiting

Mood
change

Death

Coma





Abuse of stimulants

Lead to heart failure or seizures

Dangerously high body temperature

Irregular heart rhythm

The person to become aggressive or paranoid





Abuse of Pain relievers



The pain is only a symptom and abusing painkillers, masking the manifestation of the Agency with respect to any underlying disease



Abuse of antibiotics



destroy not only the germs that you want to remove, but also the intestinal flora which can cause damage the immune system of the colon.



Abuse of laxatives



Prolonged use of laxatives leads to addiction and just hampers evacuation in a natural way



Drug Interactions

**You took two
fever pills**



**You had
Alcohol**

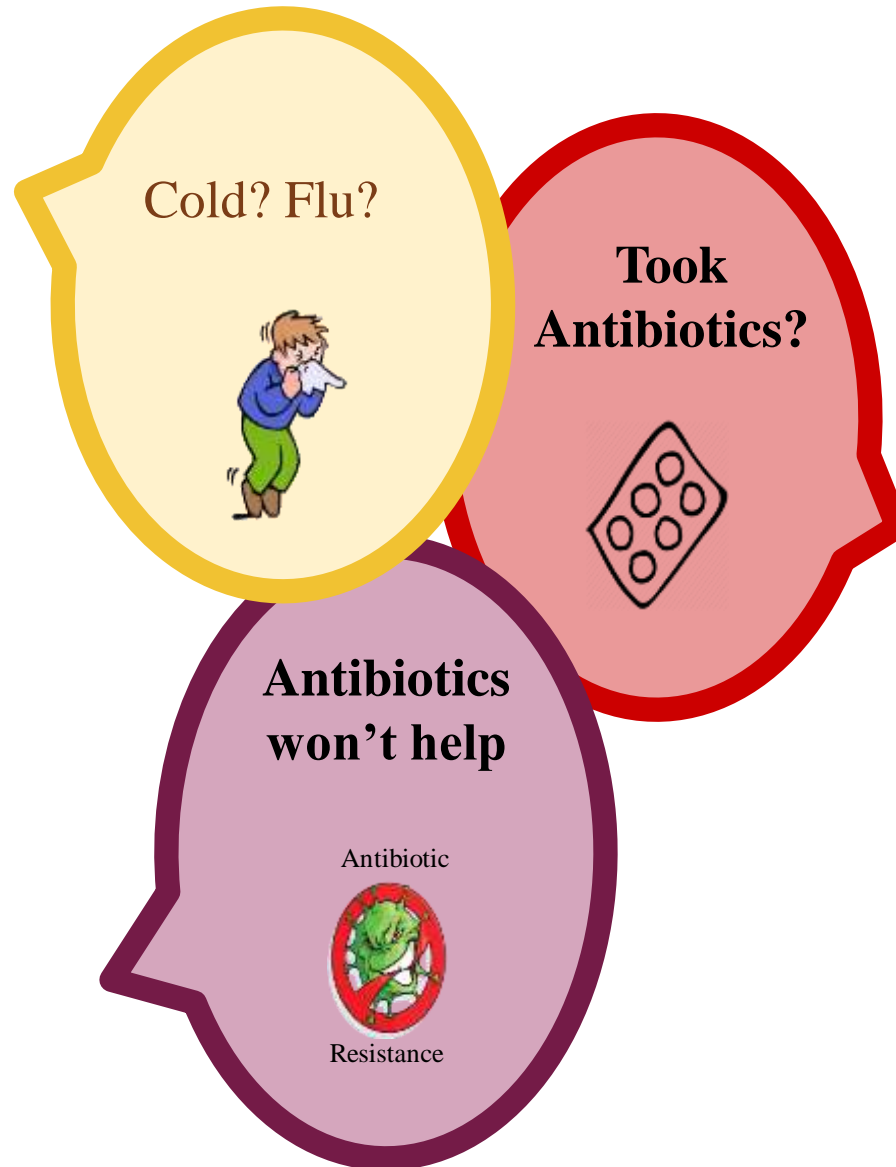


**Do you know
how they
react?**

Liver damage



Antibiotic Resistance



Misdiagnosis of Illness

**You think you
have viral fever**



**What if it is
swine flu?**



**It is easier to
misdiagnose**



Insufficient Dosage

**Self
medicated
yourself?**



**Did you take
the proper
dose?**



**Do you know
more than a
doctor?**



Habituatation

**Pain reliever
for a
headache**



**Now even mild
headache is
unbearable**



**Habituatation
is fairly
simple!**



Allergic Reactions

**Allergic to
certain drugs?**



**Are you taking
precautions?**

**Don't treat
yourself**



CAUTIONS



- In what conditions not to use the particular medicine ?
- What will happen after taking the medicine ?
- When to stop using the medicine ?
- What not to do while using medicine ?





WHEN TO STOP USING

- ANY ALLERGIC REACTION
- WHEN ITS INTOLERABLE
- IF SYMPTOMS DOESNOT IMPROVE
- Remember always that you need to purchase entire list of medicines



OUT OF REACH

- CHILDREN-CURIOUS BY NATURE
- KEEP ALL THE MEDICATIONS OUT OF REACH OF CHILDREN





WHERE TO KEEP

- Keep All medicines in a Cool & Dry Place.
- If the Label mentions **“Store in Cool Place”** – store it in **refrigerator** and not in the Freezer Compartment of the Fridge.





REMEMBER

- Medicine is useful only if taken:
- - at right dose





Remember

- At right time.(eg, steroids in the morning, anti-lipidemic drugs at night)



Remember



At right amount



Please Say no to Self medication



- Prescription drugs are **under prescription for good reason.**
- Usually because they are designed to **treat specific conditions and are powerful, dosage specific and come along with extremely dangerous side effects.**





Please Say no to Self medication



- **Affect the kidneys and liver in harmful ways**
- Being **used only when necessary** and only for specific diagnosed treatment purposes.
- When taking any kinds of medicine remember: there are specific instructions/warnings that come on the packet inserts for good reasons which should be taken seriously



Guidelines for Antibiotics



- **Never self prescribe antibiotics** they are age, dose and diagnosis specific
- Always **finish the course of antibiotics**
- **Wait for up to three days after starting an antibiotic**
- Mostly commonly antibiotic treatment is a **minimum of five days** but some antibiotics are only three day courses but the medication stays in your system for longer



PREVENTION OF POTENTIAL RISK OF SELF MEDICATION



Roll of health profession

- Information of medicine
- Therapeutic advice



Role of Pharmacist in Self-Medication



- Educating his customers about the proper use of medicines,
- Identifying, solving and preventing drug-related problems for the purpose of achieving optimal patient outcomes and quality of life
- Guide their customers to consult the physician before taking any medication by self



Pharmacist **As a Communicator** in **Self-Medication**



- Must ask the patient key questions and pass on relevant information to him or her.
- (e.g. How to take the medicines and how to deal with safety issues)



Pharmacist

As a Quality drug supplier in Self-Medication



- The pharmacist must ensure that the products he/she purchases are from reputable sources and of good quality.



Pharmacist

As a Trainer and supervisor in Self-Medication



- To achieve this pharmacist must develop a protocol for referral to the pharmacist, protocols for community health workers involved with the handling and distribution of medicines.



Pharmacist

As a Collaborator in Self-Medication



- It is imperative that pharmacists develop quality collaborative relationships with the other health care professionals, national professional associations, the pharmaceutical industry, governments (local/national), patients and general public.



Pharmacist

As a Health promoter in Self-Medication



- Participate in health screening to identify health problems and
- Participate in health promotion campaigns to raise awareness of health issues and disease prevention,



Conclusion



- Self-medication is an alarming concept.
- It would be safe, if the people who are using it, have sufficient knowledge about its dose, time of intake, side-effect on over dose,
- Lack of information it can cause serious effects such as antibiotic resistance, skin problem, hypersensitivity and allergy.



Conclusion



- Proper awareness and education regarding the self-medication
- Strictness regarding pharmaceutical advertising.
- Dispensing modes is the needs to be improved
- Make health care easily accessible and cost effective.
- Health professionals have to spend some extra time in educating patients.





THANK YOU!

30 January 2022

