

A Review on Benefits, Prevention of Potential Risk of Self medication and Role Of pharmacist In Medication

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ABSTRACT

Self-medication is a global phenomenon and potential contributor to human pathogen resistance to antibiotics. The adverse consequences of such practices should always be emphasized to the community and step to curb it. Rampant irrational use of antimicrobials without medical guidance may result in greater probability of inappropriate, incorrect, or undue therapy, missed diagnosis, delays in appropriate treatment, pathogen resistance and increased morbidity. This review focused on the self-medication of allopathic drugs, their use, its safety and reason for using it. 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, but due to lack of information it can cause serious effects such as antibiotic resistance, skin problem, hypersensitivity and allergy. There is need to augment awareness and implement legislation to promote judicious and safe practices. Improved knowledge and understanding about self-medication may result in rational use and thus limit emerging microbial resistance issues. Articles which were republished in peer reviewed journals, World Self-Medication Industry and World Health Organization websites relating to self-medication reviewed.

Keywords: Allopathic drugs, antibiotic resistance, self-medication

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I. INTRODUCTION

Self-medication is a global phenomenon and potential contributor to human pathogen resistance to antibiotics. The adverse consequences of such practices should always be emphasized to the community and step to curb it. Rampant irrational use of antimicrobials without medical guidance may result in greater probability of inappropriate, incorrect, or undue therapy, missed diagnosis, delays in appropriate treatment, pathogen resistance and increased morbidity. This review focused on the self-medication of allopathic drugs, their use, its safety and reason for using it. 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, but due to lack of information it can cause serious effects such as antibiotic resistance, skin problem, hypersensitivity and allergy. There is need to augment awareness and implement legislation to promote judicious and safe practices. Improved knowledge and understanding about self-medication may result in rational use and thus limit emerging microbial resistance issues. Articles which were republished in peer reviewed journals, World Self-Medication Industry and World Health Organization websites relating to self-medication reviewed.[1]

Self-medication has traditionally been defined as "the taking of drugs, herbs or home remedies on one's own initiative, or on the advice of another person, without consulting a doctor.[2]

BENEFITS OF SELF MEDICATION

- Treatment by own choice regardless of doctor's consultation.
- Lowering the cost of commonly funded health care programs.
- Bringing huge decline on the burden of medical service.
- Self-medication reduces the load on health care providers and hospitals.
- Reduces time lost in waiting for the physician.[3]

RISK OF SELF MEDICATION

- (a) Resistance to microorganism in your body that causes sickness
- (b) Drug addiction and abuse
- (c) Instant relief with a lot of long term side effect
- (d) Can lead to death if not prescribed by a doctor

- (e) Incorrect self-diagnose
- (f) Dangerous drug interaction
- (g) Dangerous adverse effect [4]

POTENTIAL BENEFITS

1. INDIVIDUAL LEVEL

- An active role in his or her own healthcare
- Self-reliance in preventing or relieving minor symptoms or conditions
- Education opportunities on specific health issues (i.e. stop smoking aids and products to treat heartburn)
- Convenience
- Economy, particularly since medical consultations will be reduced or avoided. [5]

2. COMMUNITY LEVEL

Good self-medication can also provide benefits such as:

- Savings scarce medical resources from being wasted on minor conditions
- Lowering the costs of community funded health care programs
- Reducing absenteeism from work due to minor symptoms
- Reducing the pressure on medical services where health care personnel are insufficient
- Increase the availability of health care to populations living in rural or remote areas.
- In a world of scarce government and in many countries scarce individual resources, responsible self-medication
- should be a cornerstone of health care provision and health policy. [6]
- Potential risks

3. INDIVIDUAL LEVEL

- 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, warnings and precautions
- 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 [6]
- Excessively prolonged use
- Risk of dependence and abuse
- Food and drug interaction
- Storage in incorrect conditions or beyond the recommended shelf life [7]

4. COMMUNITY LEVEL

- Improper self-medication could result in an increase in drug-induced disease and in wasteful public expenditure [7]

PREVENTION OF POTENTIAL RISK WITH SELF-MEDICATION

1. ROLE OF HEALTH PROFESSIONAL

Health professionals are one who has potential role in preventing risks of self-medication. Because he is the one who work on three main therapeutic aspects of professionalism in his daily practice: Information, therapeutic advice and education. [8]

a) INFORMATION

Whenever health professionals are prescribing drugs, he should give proper instructions and explain for what it is prescribed so that it will be helpful for the patient to understand and make his own decisions. Given information should be at patient's comprehension level so that it will be helpful for them to understand its management. [8]

(b) THERAPUTIC ADVICE

Lack of therapeutic compliance is a serious problem in both acute and chronic treatments and reflects a poorly understood or incomplete description of the treatment aims. If patients are not well-informed they are unlikely to use medication correctly.[42] However, if the directions for use and the limitations of a given drug are explained—for example, dose, frequency of dose, treatment course, how to take it, etc., then patients have a set of guidelines which will help them to use the drug correctly, both now and in the future. Inappropriate and erratic self-medication, along with lack of compliance, will only be reduced if patients are informed and understand clearly why certain advice has been given.[8]

(c) EDUCATION

Inappropriate self-medication is the result of the medical model from which people have learnt. Proper health education should be given to the patients. By regularly adopting an educational attitude we can have an effect on large sectors of the population, on people who, in turn, may directly influence their friends and family. This aspect is of particular importance with respect to the self-medication of children by their parents or takes care.

ROLE OF PHARMACIST

Pharmacist is one of the key role players in educating his customers about the proper use of medicines, which are intended for self-medication. For that necessary steps have to be taken in his training and practice. Pharmacists play a valuable role in identifying, solving and preventing drug-related problems for the purpose of achieving optimal patient outcomes and quality of life. Ambulatory based pharmacists have the opportunity and responsibility to foster safe, appropriate, effective and economical use of all medications, especially those therapies patients are self-selecting. Pharmacists should guide their customers to consult the physician before taking any medication by self.[9]

(a) COMMUNICATOR

In order to address the condition of the patient appropriately the pharmacist 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).[9]

(b) QUALITY DRUG SUPPLIER

The pharmacist must ensure that the products he/she purchases are from reputable sources and of good quality.[10]

(c) TRAINER AND SUPERVISOR

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.[11]

(d) COLLABORATOR

It is imperative that pharmacists develop quality collaborative relationships with the other healthcare professionals, national professional associations, the pharmaceutical industry, governments (local/national), patients and general public.[12,13]

(e) HEALTH PROMOTER

As a member of the health-care team, the pharmacist must participate in health screening to identify health problems and those at risk in the community, participate in health promotion campaigns to raise awareness of health issues and disease prevention, provide advice to individuals to help them make informed health choices.[14]

II. CONCLUSION

Self medication is a global phenomena which is growing day by day in the rural area also, while the half of the urban area population decide to take the path of self medication. Most of the population belonging to the rural areas are not open to this phenomena. This phenomena can be controlled by making PHARMACIST & INTERNET regulated, which will make the patient more aware about the drugs & will reduce the chance of ignorance and unwillingness towards professional medications.

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