



Assessment of the Rational Use of Over the Counter Analgesics in the Population of District Shaheed Benazirabad Sindh, Pakistan

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SUMMARY. This cross-sectional descriptive study was held in the District Shaheed Benazirabad during February to December 2018. A total of 400 samples of aged between 16-60 years were selected by convenience sampling and data were analyzed through SPSS and Microsoft excel. Multiple logistic regression was also performed to assess results. Among 400 (100%) participants, there were 238 (59.5%) males and 162 (40.5%) females; 225 (56.2%) participants were using different OTC analgesics without prescription and daily consumption of was found among the 215 (53.7%) participants. Source of information for OTC analgesics use was friend or relatives for 112 (28.0%) participants, media 84 (21.0%), doctor or physician about 1/3rd 133 (33.3%), pharmacist 6 (1.5%), nurse 16 (4.0%), and dispenser 49 (12.3%). Interestingly, 280 (70.0%) participants were unaware regarding the dose, indications, contraindications, side effects and interactions of OTC analgesics. Mandatory steps for increase in awareness should be taken for irrational use.

RESUMEN. Este estudio descriptivo de corte transversal se llevó a cabo en el Distrito Shaheed Benazirabad entre febrero y diciembre de 2018. Se seleccionaron 400 muestras de pacientes de edades comprendidas entre los 16 y los 60 años y los datos se analizaron a través de SPSS y Microsoft Excel. También se realizó regresión logística múltiple para evaluar los resultados. Entre 400 (100%) participantes, hubo 238 hombres (59.5%) y 162 mujeres (40.5%); 225 (56.2%) participantes utilizaron diferentes analgésicos de venta libre sin receta y se encontró un consumo diario entre los 215 (53.7%) participantes. La fuente de información para el uso de analgésicos de venta libre fue 112 (28.0%) de amigos o familiares de participantes, 84 (21.0%) a través de medios de comunicación, 133 médicos (33.3%), 6 farmacéuticos (1.5%), 16 enfermeras (4.0%), y 49 dispensadores (12.3%). Curiosamente, 280 (70.0%) de los participantes desconocían la dosis, indicaciones, contraindicaciones, efectos secundarios e interacciones de los analgésicos de venta libre. Se deben tomar medidas obligatorias para aumentar la conciencia del uso irracional de analgésicos.

KEY WORDS: analgesics, awareness, over the counter (OTC), rational use.

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