



## Assessment of the Knowledge and Practice of Over the Counter Analgesics Utilization Among the People of District Shaheed Benazirabad, Pakistan

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**SUMMARY.** A descriptive cross-sectional study was conducted at District Shaheed Benazirabad, Pakistan. By using convenience sampling method, 400 participants of both genders male and female were administered a well-developed questionnaire. Data were analyzed using SPSS software and Microsoft Excel. Out of 400 participants, 228 (59.5%) were male and 162 (40.5%) were female. The utilization of OTC analgesics was high among the males 157 (69.8%) and in the age group of 31-40 years *i.e.* 94 (41.8%). Diclofenac Sodium utilization was most common among 180 (45%) participants; 37 (9.2%) participants were utilizing the OTC analgesics by getting information from television or media; 70.3% of participants had no complete knowledge about the indications, contraindications, dose, side effects and interactions of OTC analgesics that increased the irrational utilization. It is concluded that irrational utilization of OTC analgesics was common due low economical and educational status among the people.

**RESUMEN.** Se realizó un estudio descriptivo de corte transversal en el distrito de Shaheed Benazirabad, Pakistán. Mediante el uso del método de muestreo de conveniencia, 400 participantes de ambos sexos, hombres y mujeres, recibieron un cuestionario bien desarrollado. Los datos se analizaron utilizando el software SPSS y Microsoft Excel. De 400 participantes, 228 (59.5%) eran hombres y 162 (40.5%) eran mujeres. La utilización de analgésicos de venta libre fue alta entre los hombres 157 (69.8%) y en el grupo de edad de 31-40 años, es decir, 94 (41.8%). La utilización de diclofenaco sódico fue más común entre 180 (45%) participantes; 37 (9.2%) participantes estaban utilizando analgésicos de venta libre al obtener información de la televisión o los medios de comunicación; El 70.3% de los participantes no tenía un conocimiento completo sobre las indicaciones, contraindicaciones, dosis, efectos secundarios e interacciones de analgésicos de venta libre que aumentaron la utilización irracional. Se concluye que la utilización irracional de analgésicos de venta libre era común debido a la baja situación económica y educativa entre las personas.

**KEY WORDS:** analgesics, knowledge, over the counter (OTC), practice, utilization.

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