

## Evaluation of Self-medication Practice and Awareness Among the People of District Shaheed Benazirabad Sindh, Pakistan

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**SUMMARY.** A descriptive cross sectional study was conducted on 400 participants aged between 16 to 60 years of District Shaheed Benazirabad, Sindh, Pakistan, during the period of February 2018 to December 2018 and data were analyzed through SPSS and Microsoft-Excel. Multiple logistic regression was also performed to evaluate results. Out of 400 (100%) participants, 228 (59.5%) were male and 162 (40.5%) were female. Furthermore, this study reported that majority of the participants, 175 (43.8%) were using diclofenac sodium. Most of participants, 133 (33.3%) take advice from physicians before purchasing OTC analgesics, 214 (53.5%) were taking OTC analgesics due to pain, 37 (9.3%) due to fever, and 149 (27.3%) don't know about proper uses of OTC analgesics. 281 participants (70.3%) have no knowledge about use and side effects. Rate of appropriate information about OTC analgesics, their uses, doses, and side effects in participants was very much low that increasing the rate of irrational consumption.

**RESUMEN.** Un estudio transversal descriptivo se realizó sobre 400 participantes de entre 16 y 60 años del distrito Shaheed Benazirabad, Sindh, Pakistán, durante el período de febrero de 2018 a diciembre de 2018 y los datos se analizaron a través de SPSS y Microsoft-Excel. La regresión logística múltiple también se realizó para evaluar los resultados. De 400 (100%) participantes, 228 (59.5%) eran hombres y 162 (40.5%) eran mujeres. Además, este estudio informó que la mayoría de los participantes (175, 43.8%) estaban usando diclofenaco sódico. La mayoría de los participantes, (133, 33.3%) toman consejos de los médicos antes de comprar analgésicos de venta libre, 214 (53.5%) estaban tomando analgésicos de venta libre debido al dolor, 37 (9.3%) debido a la fiebre y 149 (27.3%) no saben sobre los usos adecuados de los analgésicos de venta libre. 281 participantes (70,3%) no tienen conocimiento sobre el uso y los efectos secundarios. La tasa de información adecuada sobre los analgésicos de venta libre, sus usos, dosis y efectos secundarios en los participantes fue muy baja, lo que aumentó la tasa de consumo irracional.

**KEY WORDS:** analgesics, awareness, over the counter (OTC), self-medication.

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