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Review on the Knowledge, Attitude and Practice on Over the Counter Drug among Pharmacy and Other Medical Students



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HUMAN

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ABSTRACT

The OTC drugs are familiar to the people this are the drugs that can be sold without the prescription. Most of the people are uneducated and unaware about the OTC drugs. This study is aimed to provide information regarding the use of OTC drugs. Most of the people think that OTC drugs are safe for use. But actually, the use of OTC drugs may lead to certain hazards. In the current situation the self-medication using OTC drugs are increased among medical and pharmacy Students. So that an awareness among the students will promote the rationale use of the drug. So we can make highly educated and aware students thereby we can make a healthy world because they are the next generation who lead the health care world.



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INTRODUCTION

OTC drugs are those drugs which can be sold without the prescription. Many countries separate categories for it. There are currently more than three lacks of the OTC drugs are available in the market. The self-medication increased in India very much. The concept of self-medication using the OTC drugs is increased by the 2 years after the pandemic. Also there is an increased practice seen in the pharmacy and other medical students. Self-medication is a human behavior that people administer any exogenous substances for treatment or prevention of any physical or psychological condition without consulting a doctor. OTC drugs are common in the health care world. It's having both potential effects and dangerous actions. The unawareness and less knowledge about OTC drugs lead to certain drug interactions.

Looking back to the history of OTC medicine we know that in earlier years all the substances including marijuana, cocaine and so many habit forming drugs are freely available in the market. Before the FD&C act all medicines are available freely. After the FD&C act they described about the prescription and over-the-counter drugs. In nowadays there are so many regulations and systems for monitoring the adverse effects.

OTC plays a vital role in the health care world. The correct information regarding the use of OTC drugs will give a beneficial response among the people. Also, it provides the correct guidelines for the use of OTC drugs. The OTC drugs have so many potential benefits and can relieve so many symptoms. But the inappropriate knowledge may lead to so many bad impacts.

DISCUSSION

ARTICLE REVIEW

ARTICLE 1

KNOWLEDGE ATTITUDE AND PRACTICE ON OVER-THE-COUNTER DRUGS AMONG PHARMACY AND MEDICAL STUDENTS. A FACILITY-BASED CROSS-SECTIONAL STUDY. IN 16 NOV 2022 BY KIDIST MULUGELA BEKELE, AHAMMED MOGU AHEYA ETC...

In this study they conducted on around 400 students. They conducted their study in final year medical and pharmacy students in Ethiopia .They aimed to know the self-medication and misuse of the over the counter drug. They prepare questionnaire section. From this study they concluded that most of the students are using the OTC drugs without any advices. They misuse the drugs very much. Most of them are used OTC drugs to treat the fever, head ache and stomach ache. They are mainly using Paracetamol and other NSAIDs. They are using OTC drugs for the quick relief and also unaware about the adverse drug reactions.

ARTICLE 2

KNOWLEDGE, ATTITUDE AND PRACTICE OF OVER THE COUNTER MEDICINES AMONG RURAL POPULATION, A CROSS SECTIONAL STUDY IN APRIL 2018; BYADITHYA GOYAL, ANKIT GAUR, MANIK AHHABRA AND KANAD DEEPAK ETC...

A cross-sectional study was conducted on Moga, Panjab. The study is conducted on a rural population area population. Most of them take the OTC medication due to its lesser cost. Mainly the drugs used for the headache, fevers, pain killersand cough suppressants. They use the drugs and also recommended to others. They are also unaware about the side effects due to OTC drugs. Most of them do not even read the instructions on the strip including expiry date, warnings, storage etc...The use of OTC drugs is common in rural areas. The use of OTC drugs is common in the rural areas due to several reasons like easy availability, low cost etc....

ARTICLE 3

KNOWLEDGE, ATTITUDE AND PRACTICE OF OVER THE COUNTER DRUG AMONG MEDICAL STUDENTS IN DECEMBER 2021; BY BINDU MALLA AND DEEPTHI KC

This study was conducted among first year MBBS and BDS under graduate students of Ganadki Medical College Teaching Hospital and research centre. A total of 115 students are attended the session. They have conducted the study based on the questionnaire. They prepare 4 rounds, first round is about common things related to students, and second round is about the knowledge about the drug, the third round is about the attitude towards the self-medication, fourth round for the opinion of the students about the OTC drugs. From the study the students have less knowledge about the OTC medicines; they believe the self-medication is beneficial and safe. They said that it can relieve both pain and cost. They are unaware about the side effect behind the OTC drugs. Antipyretic, is the most commonly used drugs among the OTC drugs. They have good knowledge about medicines and therapy but they had increased misuse of OTC drugs.

ARTICLE 4

KNOWLEDGE, ATTITUDE AND PRACTICE OF OTC DRUGS AMONG MEDICAL AND NON MEDICAL PROFESSIONALS DURING COVID 19 PANDAMIC IN JUNE 2022; BY RAUT, ASAWARRIS, VARGHEES ETC....

The study was conducted at Bharath hospital and research centre, Pune, Maharashtra. 310 peoples were participated. The study was conducted in the Google form. The half of them has bad knowledge and practice on the OTC drug. From this study they concluded that the younger females had increased practice and self-medication even they are educated more than man. The burden of the pandemic hit them to take the self-medication. There is an increased usage of drugs found among the medical staffs also during this pandemic. There are so many awareness classes were conducted by the government, unfortunately the people used more OTC drugs during the Coved 19 pandemic situation.

ARTICLE 5

IMPACT OF KNOWLEDGE, AND ATTITUDE ON PRACTICE OF OVER THE COUNTER MEDICATION BY HANSITHA DIANA MANOHAR, HANSA LYSANDERMANOHAR, SEPTEMBER 2015

The study was conducted among undergraduate nursing, dental students and pharmacist. From this review we can conclude that most of the people take the OTC drugs. Most of them use the OTC drugs due to cost-effectiveness, trust on the brand, popularity and little of them use the OTC due to its effectiveness. Most of the students taking medicines for fever, cough, body pain, and headache and diarrhoea. Most of them are buying their medicines by brand names. Most of them have no idea about adverse reactions of the drug. The pharmacist not trying to council about the medication. They encourage the use of medication even if the patient do not have the knowledge about future hazards.

ARTICLE 6

KNOWLEDGE, ATTITUDE, PRACTICE TOWARDS OTC DRUG AMONG ADULT POPULATION IN JEDDAH, SAUDI ARABIA BY FATHI AL JAMAL, BADR ATIA ALSHAFI, IBRAHHIM ALSAMMAK, EMAD DARWESH ETC...

They conducted a study on Jeddah Saudi Arabia; the study concluded that the most of the peoples are using the OTC medicines. The study was conducted and sample size was determined using G power software. The majority people who use the OTC medicines are under 40 ages. They have lower educational level, to avoid consultation, low cost and the people consider that the use of OTC drug is safe for the use etc... Is the main reason to use the OTC medicines. Most of them are used as antipyretics, analgesics, cough suppressants, antihistamines, laxatives etc... The most of the people not consider that it is right to take the OTC medicines which had an expiry date. Most of them are under-educated about the adverse events.

ARTICLE 7

OVER THE COUNTER MEDICINES, ATTITUDE, KNOWLEDGE AMONG UNIVERSITY AND COLLEGE STUDENTS IN BRUNEI DARUSALAM FINDING FROM FIRST NATIONAL SURVEY BY ISHPA SHAPIAHABDULLAH, LI CHAW, DAVID KOH ETC....IN FEBRUARY 24, 2022

They conducted their study by cross sectional online survey. This is conducted among university students. They have high knowledge about OTC drugs from various sources. Majority are obtained from the family members, friends, sound media and less of them know from pharmacist, physician etc.... Their attitude of them towards OTC drugs is positive. They even consider the use of the OTC during the pregnancy is safe and if they use in correct way it give the desired effect. Mainly the practice is done among analgesic, antipyretic, painkillers, vitamins. The self medication using the OTC medication is common in these participants.

ARTICLE 8

KNOWLEDGE, ATTITUDE AND PRACTICE ON OTC DRUG AMONG ADULT POPULATIONS IN JEDDAH, SAUDHI ARABIA BY FATHI EL-GAMMAL, BADR ATIA ALSHAFI, IBRAHIM ALSAMMAK, EMAD DARWESHETC...

They conducted a study in the Jeddah, Saudi Arabia, The study conclude that the most of the peoples are using OTC medicines. The study was conducted and sample size was determined using G power software. The majority of persons who use the OTC medicines are under 40 age a lower educational level, to avoid the consultation, low cost , and the subject consider the use of OTC drugs safe, etc.. Are the main reasons to use OTC medicines? Mainly used drugs are analgesic, antipyretics, antihistamines, laxatives so on. Most of the persons not consider the expiry date. Most of them are under-educated about the adverse effects.

CONCLUSION

We reviewed so many articles which states about the OTC drugs. From this study we concluded that most of the people are using drugs without any advice. The most widely used OTC drugs are analgesics, antipyretics, laxatives, antacids, sleep aids etc. Most of the people are unaware and under educate about the side effects of the OTC medicines. There are so

many drug interactions occurring due to improper use of OTC drugs. The OTC drugs have both potential and hazardous effect. The awareness among the people will give the improvement of the knowledge attitude among the people there by we can decrease the adverse effects.

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