

ORIGINAL RESEARCH

61. Knowledge, Attitude, and Practice on Over-the-Counter Drugs Among Medical Students University of Khartoum, 2022-2023

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Background: Self-medication with over-the-counter (OTC) medications is common among medical students. It is influenced by many factors, such as age, sex, income, self-care orientation, and medical knowledge. A high level of education and professional status are predictive factors for self-medication.

Unfortunately, especially in developing countries, professional health care is relatively expensive and in some cases not readily available making self-medication an obvious choice of healthcare service. Furthermore, it has been noted that purchase of drugs that can only be purchased with a doctor's prescription in developed countries are OTC in developing countries. Students are expected to have proper knowledge, attitude, and practice (KAP) towards OTC medications and subsequent adverse drug reactions (ADRs).

Objective: This study aimed to assess the KAP of OTC medication use and related factors among medical students, Uofk 2022.

Methods: A cross-sectional study was conducted. Data were collected using a self-administered questionnaire from 377 students from year 1 to year 6 University of Khartoum, Faculty of Medicine. Then the data was analyzed using Statistical Package for Social Sciences (SPSS) version 24. Chi-square analysis was conducted and multivariable logistic regression analysis was used to determine the association between KAP and OTC use and its related adverse effects.

Result: A total of 393 students participated in the study. The majority of the respondents (75.2%) reported that they practice self-medication. Fever & headache (76%), cough & common cold (48.5%), and abdominal cramps (45.7%) were the most common conditions for which the students go for self-medication while analgesics (85.2%) followed by antispasmodics (72.4%) were the most commonly used classes of drugs. Minor illnesses (55.9%) and a desire for quick relief (71.2%) were the main reasons for the self-medication practice with OTC medications.

Conclusion: Self-medication is widely practiced among medical students. Significant problems and malpractices were identified, such as sharing of OTC medications, the use of expired medicines, storage of OTC medications, and not reading expiry dates.

Table 1: Knowledge of the Study Participants Towards OTC Medication Use; N=393

Knowledge About OTC drugs: -		Count	Column Valid %
All OTC (over the counter) drugs are safe and effective	Yes	183	46.7%
	No	209	53.3%
OTC drugs are used usually for treating diseases like	I don't know	68	17.3%
	Chronic Illnesses	44	11.2%
OTC drugs can cause side effects	Minor Illnesses and Injuries	280	71.4%
	Never	62	15.8%
	Mostly	76	19.4%
	Sometimes	254	64.8%
All OTC drugs, when taken along with a prescribed drug, are safe	Yes	176	44.9%
	No	216	55.1%
If suspected side-effect(s) are seen, then one should	Continue taking the drug regardless of the side effect(s)	12	3.1%
	Take low dose until side effect(s) subside	29	7.4%
	Report to a doctor or pharmacist	226	57.7%
	Immediately stop using the drug	125	31.9%

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