



Determinants of Increasing Trends of Self-Medication: Physicians, Perspectives

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SUMMARY. The objective of study was to take and evaluate opinions of the physicians about various aspects of self-medication. A self-fabricated questionnaire of 38 questions was distributed among 292 physicians. Prominent involvement of females in self-medication was suggested by 176 (60 %) physicians. The self-medication trend is more common in financially lower class as reported by 146 (50 %) physicians and in uneducated community as suggested by 165 (57 %) physicians. Family habits and easy to remember brand names were considered as a major source of drug information reported by 155 (53 %) and 187 (64 %) physicians, respectively. Both over the counter (OTC) and prescription only medicines (POM) drugs are used for self-medication as agreed by 131 (49 %) physicians. Medical stores were considered as the major source of drug provider for this purpose suggested by 264 (90 %) practitioners. The extensive use of analgesics for self-medication was reported by 52 % of the respondents. Presence of pharmacist at the points of drug dispensing and a comprehensive health care policy from Government were important suggestions to reduce the self-medication.

KEY WORDS: Analgesics, OTC, Pharmacist, Physicians, POM, Questionnaire, Self-medication.

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