

A STUDY ON THE DISPENSING PATTERN AND TO ASSESS THE KNOWLEDGE ABOUT THE USE OF OVER THE COUNTER MEDICATION IN PATIENTS BUYING MEDICINES FROM COMMUNITY PHARMACIES IN MANDYA CITY

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ABSTRACT

OTC drugs are those drugs which are safe and effective for use by the general public without a doctor's prescription. It is also called prescription de controlled drugs. These drugs are the non-prescription or over-the-counter drugs. These have little significant pharmacological activity and therefore the physician need not to be very much concerned about their use by the patients themselves. The aim of the study was to determine the dispensing pattern and to assess the knowledge about the use of over the counter medication in patients buying medicine from community pharmacies in Mandya city. **Objectives:** to determine the drug dispensing pattern of pharmacies without prescription and report illness by the use of OTC drugs and to access the patient knowledge about the use of OTC drugs. **Methodology:** It was a record based cross sectional study. The research period was about 6 months. The relevant data was collected from community pharmacies by using adequate proforma. **Result:** Total 600 subjects was analysed; The male subjects were (67.3%) more than female subjects (32.7%). The maximum number of subjects were found in the age group of adults (19-64year). The most commonly dispensed OTC drugs in pharmacy were analgesics (38%), antihistamines (8.6%), analgesics and antipyretics combination (6%), analgesics and antihistamines combination (10%), GI drugs (21%). Out of 600 subjects only 27% were about the side effects of OTC drugs. **Conclusion:** The most commonly dispensed OTC drugs were analgesics and antihistamines. Only few patients were aware about the contraindications or side effects of the OTC drugs. In this study noted that majority of dispensed drugs belongs to schedule H. It can thus concluded from this study that more awareness of patients and pharmacists about OTC drugs are required to prevent the harmful effects of same.

INTRODUCTION

OTC drugs are those drugs which are safe and effective for use by the general public without a doctor's prescription. It is also called prescription de controlled drugs. These drugs are the non-prescription or over-the-counter drugs. These have little significant pharmacological activity and therefore the physician need not to be very much concerned about their use by the patients themselves.^[1]

The OTC drug market in India currently ranks 11th in the global OTC market. This trend is increasing and is expected to reach 9th position within next 5 years. Since Indian patients have a huge tendency of self treatment, the Indian market is characterized by a huge demand for OTC drugs. In India, though the OTC phrase has no legal recognition, all the drugs that are not included in the list

of prescription drugs are considered as non prescription drugs. Prescription drugs are those that fall under two schedules of the drug and cosmetic rules 1945: schedule H and schedule X. Schedule H and X are drugs which can be sold only on the prescription of a registered medical practitioner. This legal requirement is made to prevent self medication of drugs.^[2]

OTC medication offers advantages like easy access to medicines, self management of minor ailments with the involvement of pharmacists, and utilization of available resources. However it is not always safe and has been associated with negative health consequences.^[3] Hence, this study was undertaken to evaluate the dispensing pattern of over the counter drugs in retail pharmacies in Mandya city.

METHODOLOGY

Study Design: Cross sectional study.

Study Period: 6 months after getting approval.

(4 months of data collection and 2 months for analysis & write up)

Study Population: Patients presenting to the Pharmacies in and around Nehru Nagar, Mandya.

Sample Size: Proforma of about 600 people in a 4 months period.

Sampling Method: Convenience sampling.

Inclusion Criteria: All patients buying OTC medicines from community pharmacies in Mandya city.

Exclusion Criteria: Nil.

Analysis

Data will be entered in MS excel spreadsheet. Descriptive analysis like proportion, mean, standard deviation, etc. will be used. Tests to detect significant difference or association like T test, chi square test, etc will be used.

RESULT**Dispensing pattern of OTC drugs in community pharmacies based on age**

In this study, out of the total 600 subjects, studied 300 were non-generic and another 300 were generic. Among 300 non-generic subjects, 262(87.33%) were adults and 236(78.66%) were adults and in the generic group. As far elderly population is concerned, there were 34 (11.34%) preferred non-generic drugs whereas 64(21.33%) preferred generic drugs.

This is shown in table 6 and figure 1.

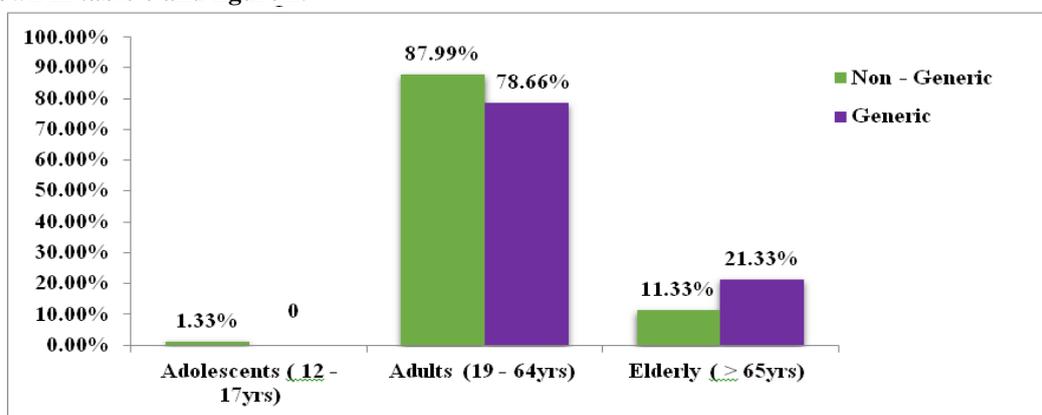


Figure 1: Dispensing pattern of OTC drugs in community pharmacies based on age.

Among 300 subjects studied in the non-generic group, 190(63.33%) were males and 108(36%) were females

and in the generic group 214(71.33%) were males and 86(28.66%) were female. This is shown figure 2.

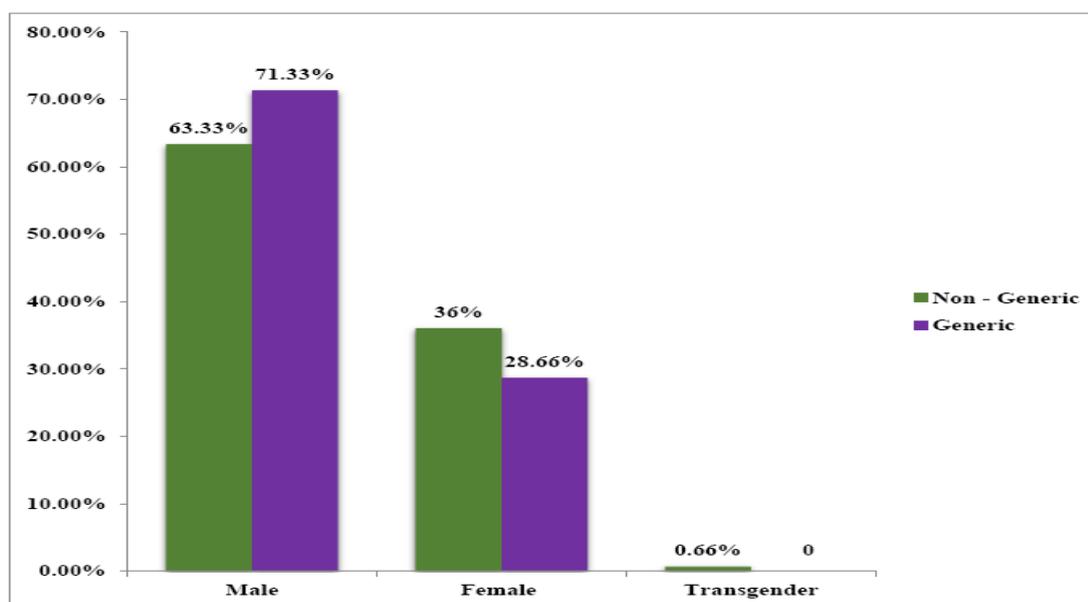


Figure 2: Dispensing pattern of OTC drugs in community pharmacies based on gender.

Common complaints for the use of OTC drugs

The most common complaints for the use of OTC drugs in non-generic group was pain(46.00%) followed by respiratory problems(23.33%), GIT problems(18.00%), dermatological problems(4.00%), deficiencies(2.00%) and others(6.67%) whereas in generic group the

commonly reported complaints were pain(35.33%) followed by GIT problems(25.33%),multivitamins and minerals deficiencies(17.33%), dermatological problems(10%), respiratory problems(6.67%) and others (5.33%).

This is shown in figure 3.

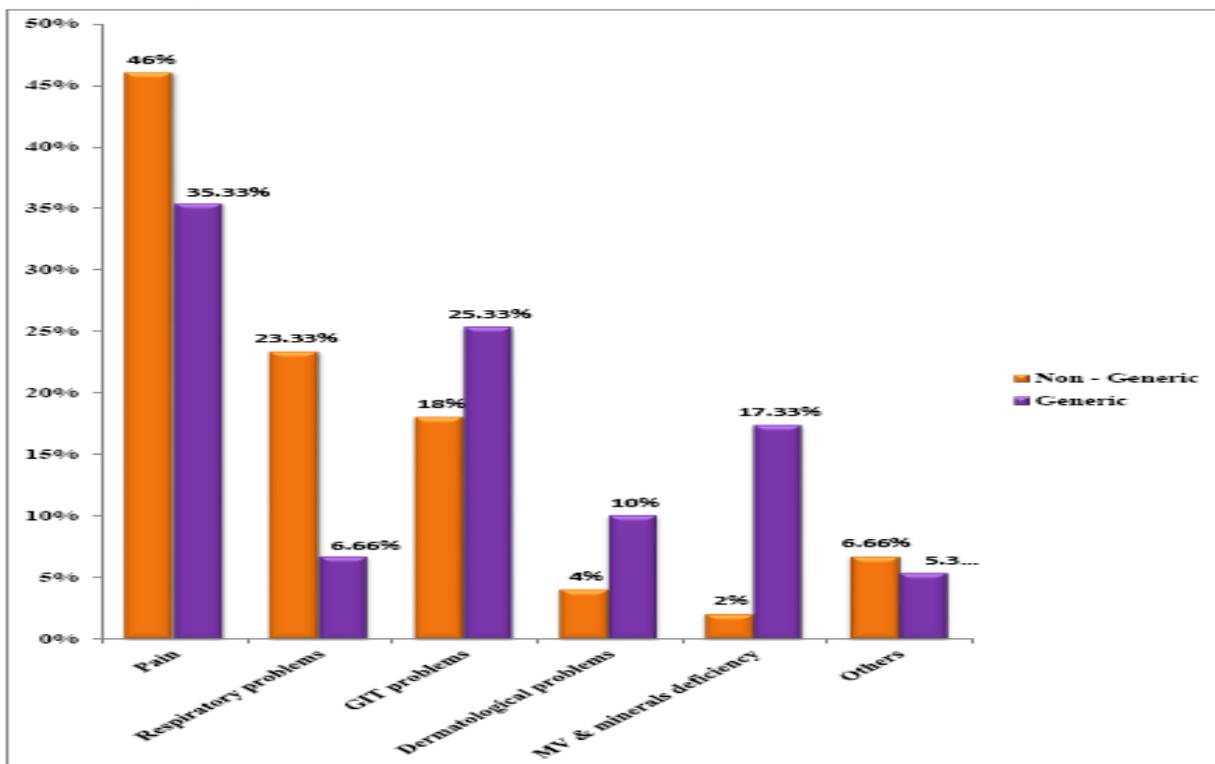


Figure 3: Common complaints for the use of OTC drugs.

Commonly dispensed categories of OTC drugs

The most commonly dispensed OTC drugs in non-generic group were analgesics(41.34%) followed by GI drugs(18.00%), analgesics and antihistamines combination(16.67%), analgesics and antipyretics(7.33%), antihistamines(7.33%), supplements (2.00%) and others(7.33%) while in generic group it was

found that the most commonly dispensed drugs were analgesics (36%) followed by GI drugs(25.33%), supplements(17.33%), anti- histamines(10%), analgesics and antipyretics(4.66%), analgesics and anti-histamines combination(4.67%) and others(2.00%). This is shown in figure 4.

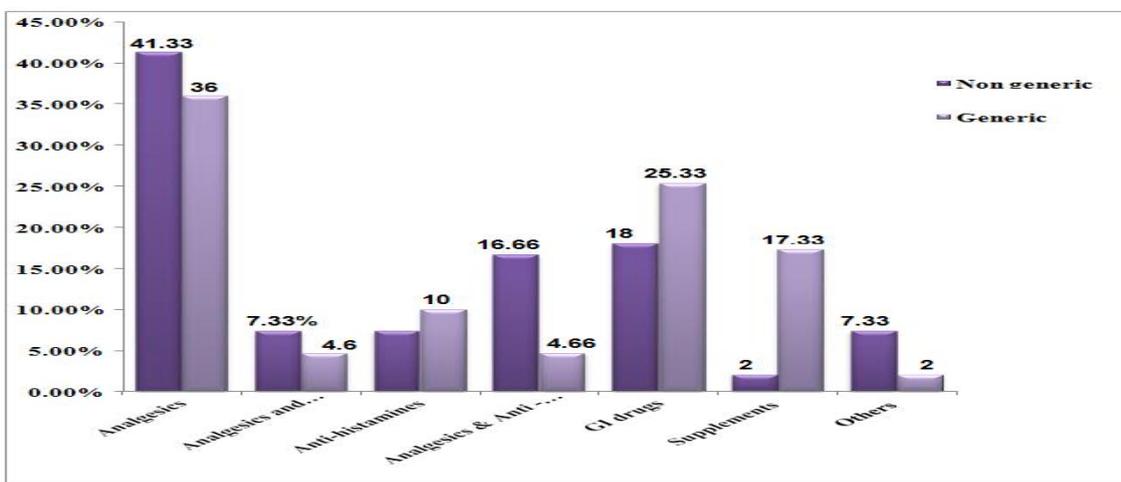


Figure 4: Commonly dispensed categories of OTC drugs.

Patients awareness about the side effects of OTC drugs

In Total 600 patients 32.67% of subjects in the non-

generic and 21.33% of subjects in the generic group were aware about the side effects of the OTC drugs. (figure 4)

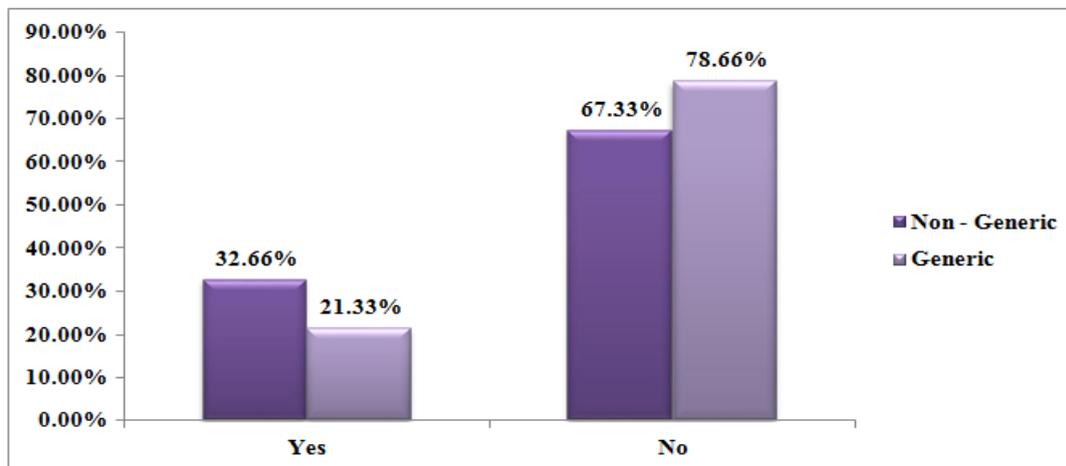


Figure 4: Awareness about the side effects of OTC drugs.

Provision of appropriate information about the medication dispensed

It was observed that 62% of subjects in the non-generic

group and 30% of subjects who visited generic group were provided with appropriate information about the medications dispensed. This is shown in figure 5.

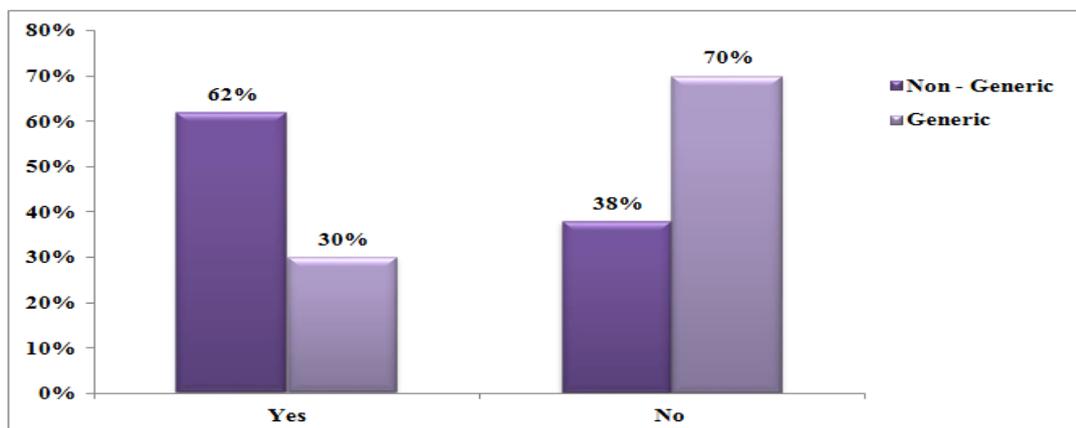


Figure 5: Provision of appropriate information about the medication dispensed.

CONCLUSION

The most commonly dispensed OTC drugs were analgesics and antihistamines. Only few patients were aware about the contraindications or side effects of the OTC drugs. In this study noted that majority of dispensed drugs belongs to schedule H. It can thus concluded from this study that more awareness of patients and pharmacists about OTC drugs are required to prevent the harmful effects of same.

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Conflict of interest: The authors declared no conflict of interest.

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