



**AN EFFECTIVE USAGE OF COMBINATION OF ACECLOFENAC AND
PARACETAMOL IN OVER THE COUNTER MEDICATION AND CONSUMER
KNOWLEDGE**

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ABSTRACT

Background: An over-the-counter (OTC) medicine is one that is sold without a prescription from a licensed physician. They're also known as over-the-counter medications. The usage of over-the-counter drugs is said to be on the rise around the world. The study was planned to assess the Effective usage of combination of Aceclofenac and Paracetamol in over the counter medication and consumer knowledge. **Method:** The purpose of this study was to evaluate public knowledge about OTC acetaminophen containing products. This study will involve administration of a cross-sectional interview to a calculated sample of participants (100) at pharmacies. A questionnaire was developed based on literature, which includes items to evaluate patient knowledge and use of acetaminophen, education received about acetaminophen, consumption. A standardized questionnaire was utilized to collect all data. Answers were recorded in multiple formats according to patient responses. The majority of the participants in this study were between the ages of 20 and 29, 51% were graduates, 44 patients took the tablets for pain relief, 91 patients took the drug in tablet form, 71 percent and 83 percent of the people took two doses per day and took the maximum daily doses, respectively. In this study, 42 persons were unaware of minor side effects, 81 percent were aware that self-prescribing is dangerous, and 62 percent were aware of contraindications, particularly ulcers. The paucity of patient understanding on acetaminophen identification, safe usage, and potential harm is highlighted in this study.

KEYWORDS: Over the counter drugs, Self-medication, Analgesics, and Painkiller.

INTRODUCTION

An over-the-counter (OTC) medicine is one that is sold without a prescription from a licensed physician. They're also known as over-the-counter medications. The usage of over-the-counter drugs is said to be on the rise around the world.

The drug and cosmetic rules of 1945 divide prescription medications under two schedules: schedule H and schedule X. Schedules H and X are controlled substances that can only be purchased with a doctor's prescription. This legislative requirement was put in place to discourage people from self-medicating.

Self-medication with over-the-counter painkillers like paracetamol is becoming more common among children and teenagers. This is a significant public health issue. According to various surveys, over-the-counter pharmaceuticals are used twice as often as prescription medications. Self-medication is also commonly done in conjunction with prescribed medication, according to research.

Headache, joint ache, fever, cold and cough, allergies, acidity, and diarrhea are the most prevalent medical conditions for which self-medication are used. Self-medication includes the use of OTC (over-the-counter) medications. Pharmacists are the initial point of contact for over-the-counter medications, and they can guarantee that the drugs are used safely and effectively. Even pharmacists, however, may find it challenging to keep track of the patients' requirements.

Analgesics were the most widely utilized medications (58 percent), followed by antipyretics and antibiotics, and only 8% of them were aware of the negative repercussions.

Self-medication has several major drawbacks, including resource waste, pathogen resistance, and substantial health risks such as unpleasant reactions and extended pain. Antimicrobial resistance is a growing problem around the world, particularly in developing countries where drugs are freely available. As a result, the government should take the necessary steps to ensure

that responsible self-medication is regulated. This can be accomplished by having safe drugs available, along with clear instructions on how to use them and, if necessary, consulting a physician.

ADVANTAGES & DISADVANTAGES OF SELF MEDICATION

Advantages

- It helps to prevent and treat symptoms and ailments that do not require a doctor.
- Reduce the pressure on medical services where health care personnel are insufficient.
- It increases the awareness of health care to populations living in rural or remote areas.
- Enable patients to control their own chronic conditions.
- Hay fever, headache, Indigestion, mouth ulcers, nausea, cough, acne, allergic conjunctivitis can be treated by self- medication.
- For healthcare systems as it facilitates better use of clinical skills, increases access to medication and may contribute to reduce prescribed drug costs associated with publicly funded health programs.

Disadvantages

- Self-medication is associated with risks such as misdiagnosis, use of excessive drug dosage, prolonged duration of use, drug interactions and poly pharmacy.
- Paracetamol, an Anti- pyretic and analgesic in large doses can cause liver failure.
- Paracetamol toxicity is, by far, the most common cause of acute liver failure.
- Valsatran is an Anti-hypertensive drug. It is highly effective when used in recommended quantities. The main consideration is the over usage of the drug may cause hypotension, which may eventually lead to heart failure and also hepatic and renal failure.
- The diagnosis may be wrong.
- The drugs may cause side effects.
- Financial loses- Delayed recovery is ultimately more costly.

PREVENTION OF POTENTIAL RISKS ASSOCIATED WITH SELF MEDICATION

Health professionals may have a role in preventing the risks of self-medication in patients who are unaware of the risks. This is because, in his daily practice, a health professional works on three key therapeutic components of professionalism: Information, therapeutic help, and instruction are all available.

Therapeutic Advice

Lack of patient therapeutic compliance is a severe problem in both acute and chronic therapies, and it reflects the health professional's lack of understanding or incomplete representation of the treatment goals. Patients who aren't well-informed are more likely to misuse drugs. Patients will have a set of recommendations that

will help them use the drug sensibly if the directions for usage and restrictions of a certain drug are described, such as dose, frequency of dosing, treatment duration, mode of administration, and so on.

Patients' inappropriate, unpredictable, and unsuitable self-medication, as well as their lack of compliance, will only be minimized if they are informed and made to understand why certain drug guidance has been given to them.

Role of Pharmacist

The pharmacist is one of the most important people in training consumers about how to use self-medication medicines like OTP pills correctly. In order to do so, they must take the appropriate measures in their training and practice programs.

Pharmacists play a critical role in recognizing, resolving, and avoiding drug-related issues so that patients' health and quality of life are maximized. Ambulatory-based pharmacists have the opportunity and obligation to promote the safe, appropriate, effective, and cost-efficient use of all pharmaceuticals, particularly for therapies that patients choose for themselves. Before using any drug as a self-medication, pharmacists should advise their customers to speak with a physician.

METHOD

This study will involve administration of a cross-sectional interview to a calculated sample of participants (100) at pharmacies. The sites included two community pharmacy shops located in Komarapalayam, Tamil Nadu. The interviewers set up a booth inside participating community pharmacies and invited patrons to participate in a 10 to 15minutes survey.

A questionnaire was developed based on literature, which includes items to evaluate patient knowledge and use of acetaminophen, education received about acetaminophen, daily alcohol consumption, and location of pharmacy services. The questionnaire was approved by Institutional Review Board. A standardized questionnaire was utilized to collect all data. The Participants was allowed to respond to this question in whatever way they could, without prompting to answer in any specific manner (that is, g/day, mg/day, and pills/day). Answers were recorded in multiple formats according to patient responses, including: mg/day, g/day, number of pills of specific dose/day. These responses were converted into a maximum daily dose in mg. Patients were then asked if they had ever taken more than the recommended maximum daily dose of acetaminophen, and if so, their reason for doing so.

ANALYSIS

The data was captured and analyzed using SPSS21. The relevant themes were documented based on the literature. Answers from questions determining the participants understanding of each form of information were either

classified as correct or incorrect to determine their level of information comprehension. Descriptive statistics were used to determine the frequency of variables.

RESULTS AND DISCUSSION

Categorization of Patients according to Gender

Figure: 01

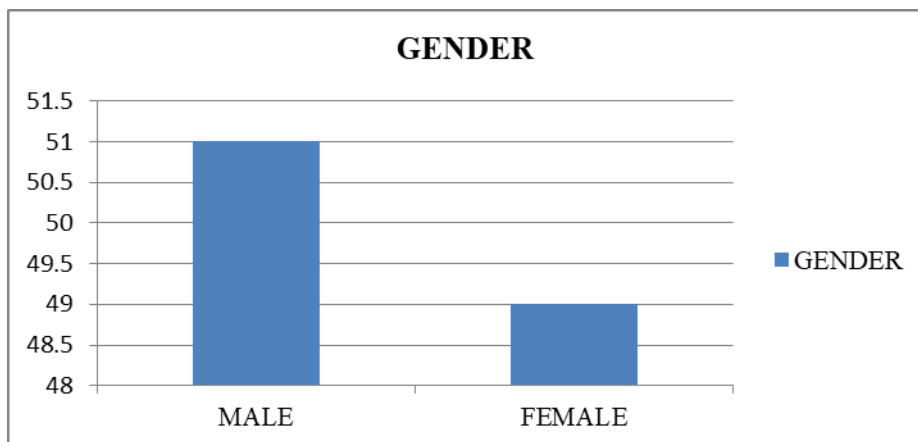


Figure 01 shows the gender wise categorization of patients, out of the 100 patients, 51 patients (51%) were Males and 49 patients (49%) were Females.

Categorization of Patients according to Age (In Years)

Figure: 02

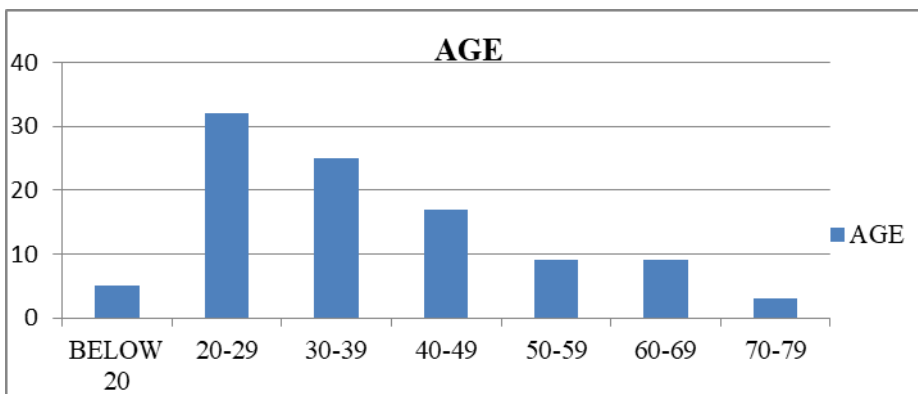


Figure 02 describe the categorization of patients according to age (in years), 32% of patients were over the age of 20-29 take more pills.

Categorization of Patients according to Education

Figure: 03

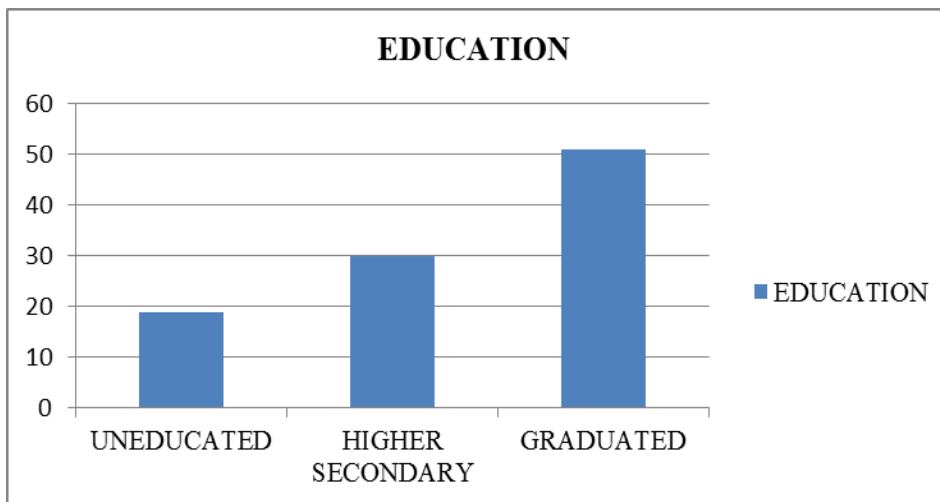


Figure 3: shows the categorization of patients according to education, 51% of patients were graduated.

Categorization of Patients according to Illness

Figure: 04

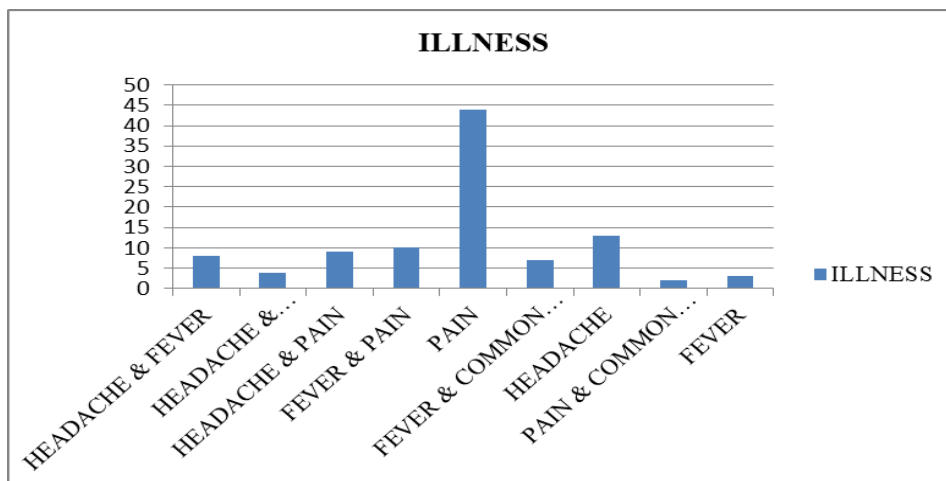


Figure 4 shows the categorization patients according to Illness, 44% of patients were take the Aceclofenac/paracetamol for pain relief.

Categorization of Patients according to Dosage Form

Figure 05.

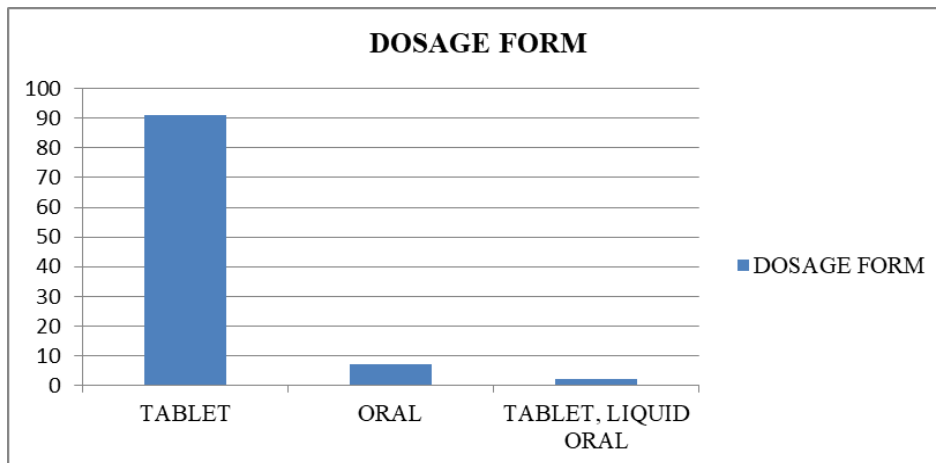
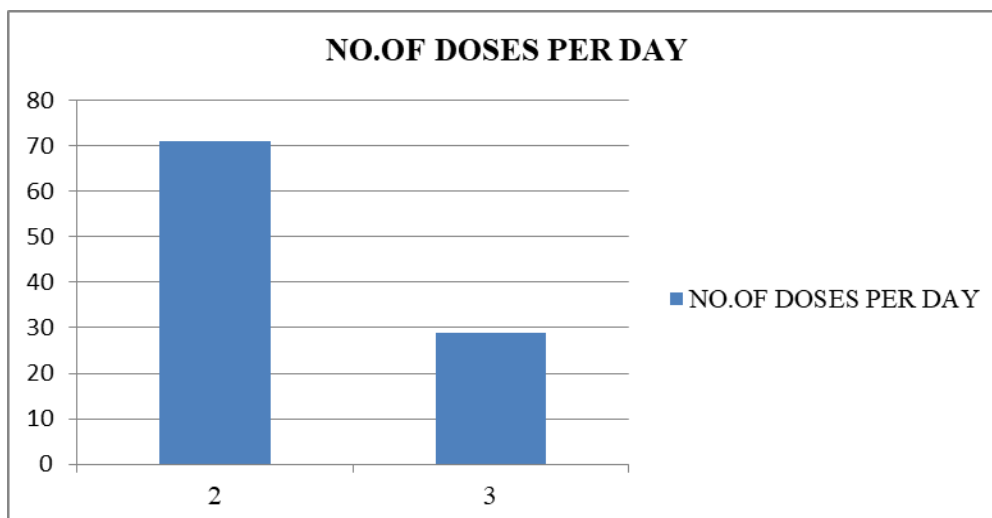


Figure 5 shows the categorization of Patients according to Dosage form, 91% of Patients were purchased in the form of Tablet.

Categorization of patients according to No. of doses per day

Figure: 06



In figure 6, Majority of patients 71% were consumed 2 doses per day.

Categorization of Patients according to Minimum time between dose

Figure: 07

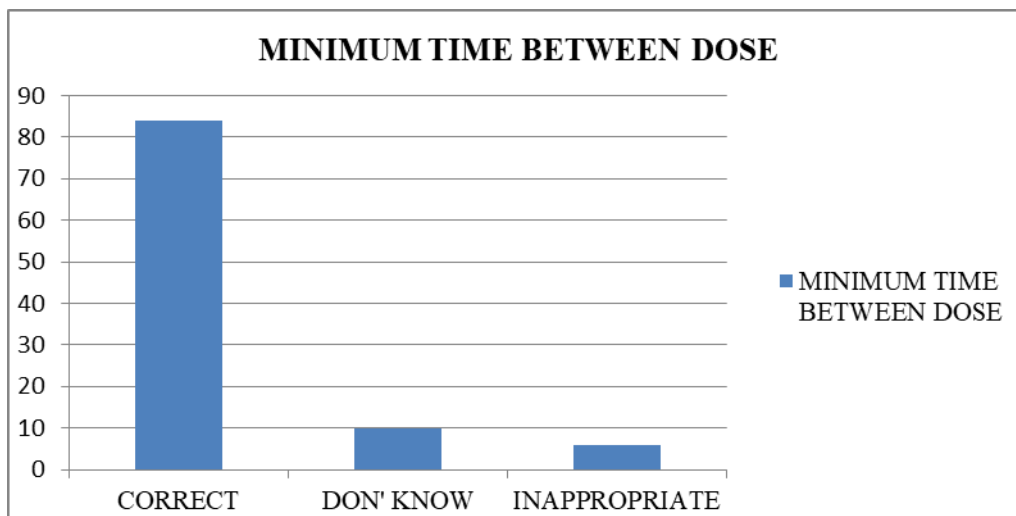
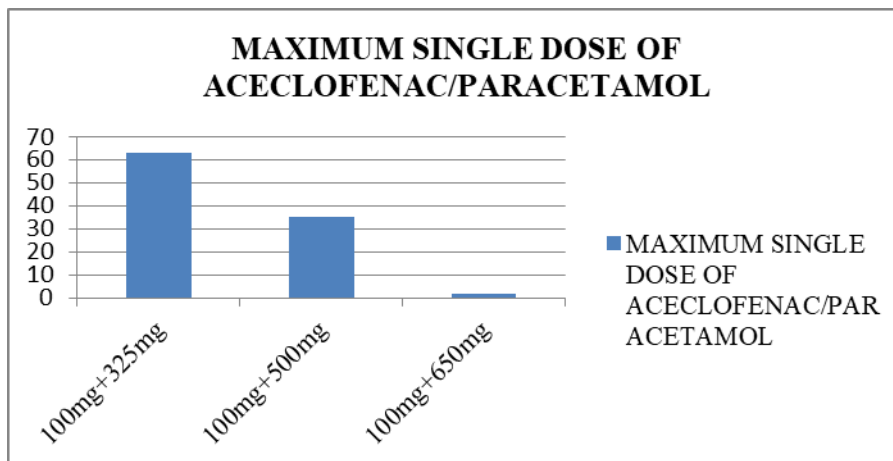


Figure 7 indicates the 84% of Patients were known about the correct minimum of dose (time).

Categorization of patients according to Maximum single dose of Aceclofenac/paracetamol.

Figure: 08



The figure 8 depicts the patients according to Maximum single dose of Aceclofenac/Paracetamol. Majority of patients 63% were consumed Maximum single Dose of Aceclofenac/Paracetamol (100mg +325mg).

Categorization of Patients according to Maximum Daily Dose of Aceclofenac/paracetamol

Figure: 09

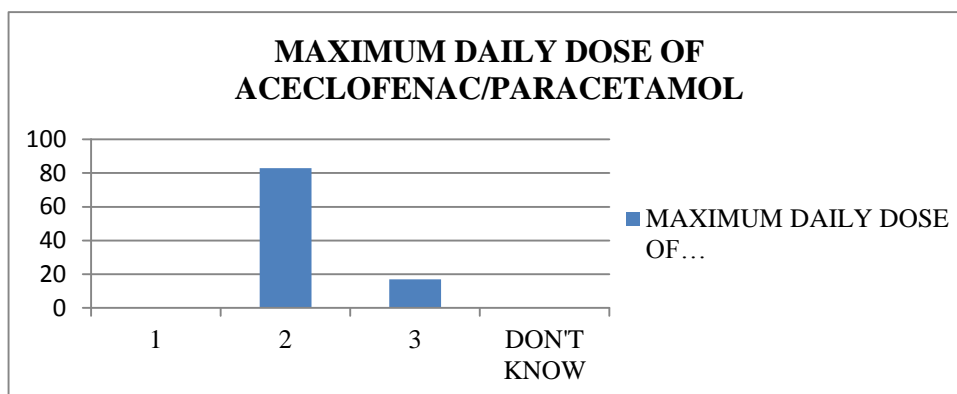
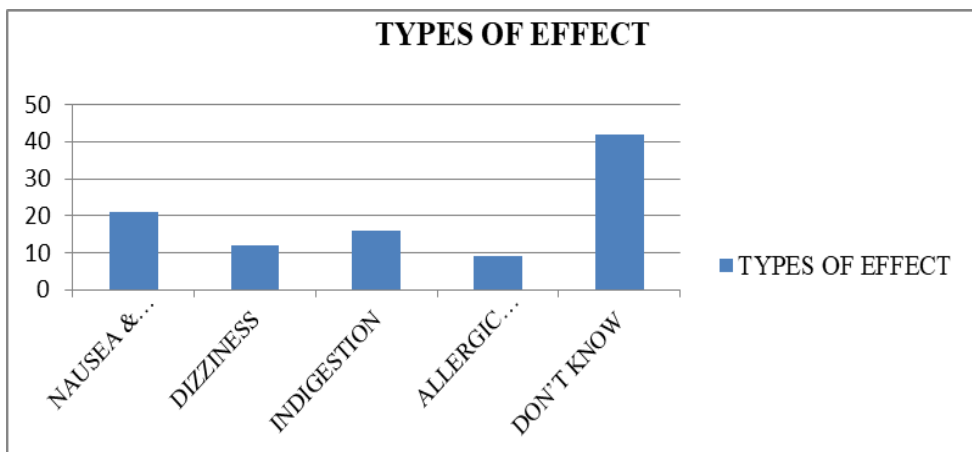


Figure 9 shows the categorization of patients according to maximum daily dose of Aceclofenac/paracetamol. Majority of patients 83% were consumed Maximum daily i.e., 2 Dose of Aceclofenac/Paracetamol.

Categorization of Patients according to Types of effects:

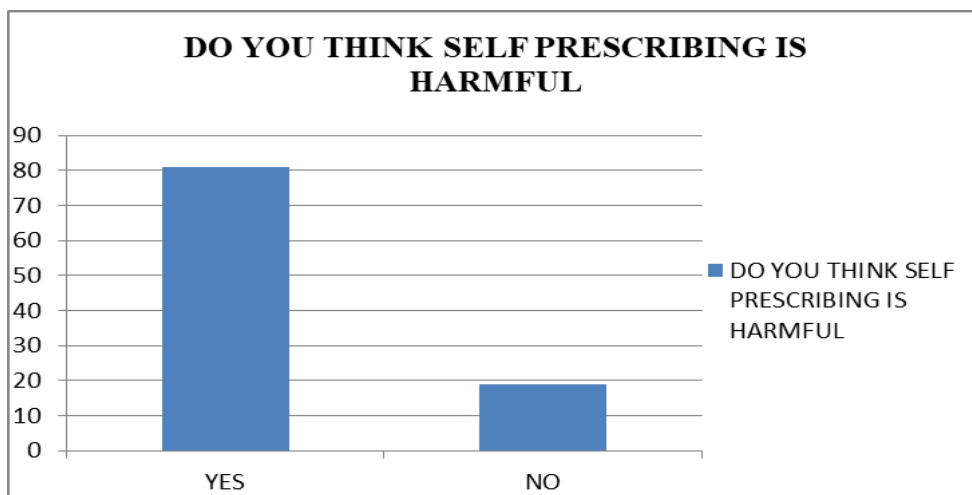
Figure: 10



The figure 10 illustrates the types of effects when consuming the Aceclofenac / Paracetamol. 42% of patients were don't know aware about the effect of drugs.

Categorization of Patients according to Do You Think Self Prescribing is harmful:

Figure: 11



The figure 11 describe the self-prescribing is harmful in patients. Majority of patients 81% were known the self-prescribing is harmful.

Categorization of patients according to contraindication:

Figure: 12

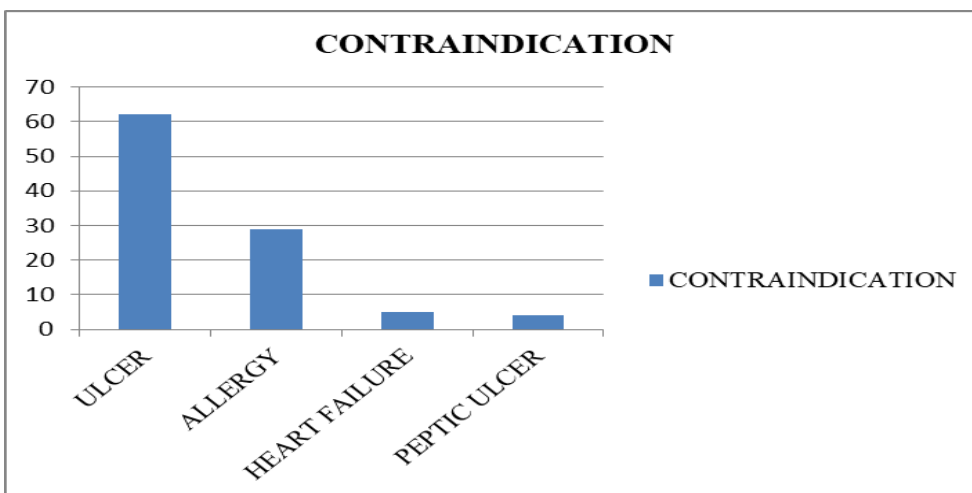


Figure 12 shows the categorization of patients according to contraindication. Majority of patients 62% were suffered from ulcer.

CONCLUSION

Aceclofenac & paracetamol as have some desirable characteristics. It has benefits related to pain relief and it as risk related to adverse effect. During the patient contact pharmacist can play important role in educating patients on the appropriate use of product containing paracetamol. Future actions should be heading in the directions of recognizing factors that influence consumer's view of analgesic and OTC drugs in general given that this value are associated with proper used as well as over used.

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