

AIMS OF USE OF OVER-THE-COUNTER MEDICINES AND SOURCES OF INFORMATION RELATED THESE MEDICINES

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Background:

- ✓ Managing minor ailments by self-medication is a common practice worldwide, including Indonesia.
- ✓ Patients frequently use over-the-counter (OTC) drugs to treat these ailments and they get information about OTC drugs from several sources.
- ✓ In order to participating in decision-making concerning their health care, those patients need valid health- and medicine-related information.

Objectives:

To identify

- ✓ the frequency of use of OTC drugs
 - ✓ The sources from which the respondents got their OTC drugs
 - ✓ the aims of use of OTC medicines
 - ✓ The sources of OTC medicine information used by society
- (Krembangan, Surabaya)

Methods:

- ✓ A purposive random sample of 98 users of OTC medicines who purchased OTC drugs in a pharmacy in Krembangan-Surabaya in December 2007, were included.
- ✓ A questionnaire on frequency of self medication, sources from which the respondents got their OTC drugs, aims of self-care, and sources of OTC drug information was given to them.
- ✓ The respondents were also asked to report their socio-economic information.
- ✓ Descriptive statistics was used to analyze the data.

Results:

- ✓ There were 45 women and 53 men participated in this study.
- ✓ More than half of them (52 persons) was often used OTC drug.

Results:

| | Variables | | | | |
|-----------|-----------|------|-------------|-------|------|
| | gender | | age (years) | | |
| | female | male | <25 | 25-40 | >40 |
| Frequency | | | | | |
| often (%) | 38.5 | 61.5 | 28.8 | 44.2 | 26.9 |
| seldom% | 63.0 | 37.0 | 25.9 | 51.9 | 22.2 |

Results:

| Frequency | Variables (cont) | | | | | | | | |
|------------|------------------|-----------|------------|------------|-----------|--------|------------------------|------------|------------|
| | education | | | employment | | | salary (IDR) per month | | |
| | elementary | secondary | university | students | employees | others | <500,000 | 500,000-1m | >1,000,000 |
| often (%) | 11.5 | 46.2 | 42.3 | 15.4 | 40.4 | 44.2 | 36.5 | 38.5 | 25.0 |
| seldom (%) | 3.7 | 70.4 | 25.9 | 11.1 | 66.7 | 22.2 | 33.3 | 51.9 | 14.8 |

Results:

- ▣ Places to purchase the drugs (at least 1 place)

| Sources of drugs (n) | Variables | | | | |
|----------------------|-----------|------|-------------|-------|-----|
| | gender | | age (years) | | |
| | female | male | <25 | 25-40 | >40 |
| store | 10 | 7 | 8 | 8 | 1 |
| "drug store" | 18 | 9 | 10 | 14 | 3 |
| pharmacy | 35 | 50 | 21 | 41 | 23 |

Results:

| Sources of drugs | Variables (cont) | | | | | | | | |
|------------------|------------------|------------|-------------|------------|------------|---------|------------------------|------------|------------|
| | education | | | employment | | | salary (IDR) per month | | |
| | elemen-tary | second-ary | univer-sity | stude-nts | emplo-yees | oth-ers | <500,000 | 500,000-1m | >1,000,000 |
| store | 1 | 12 | 4 | 4 | 8 | 5 | 6 | 8 | 3 |
| "drug store" | 1 | 14 | 12 | 5 | 16 | 6 | 8 | 15 | 4 |
| pharma-cy | 5 | 44 | 36 | 9 | 46 | 30 | 28 | 36 | 21 |

Results:

- ✓ doing self-medication for curative purposes of mild ailments > preventive purposes.

| Purposes of taking OTC drugs (n) | Variable | | | | |
|----------------------------------|----------|------|-------------|-------|------|
| | gender | | age (years) | | |
| | female | male | <25 | 25-40 | >40 |
| Preventive | 27 | 30.0 | 17.0 | 26.0 | 15.0 |
| Curative | 52 | 55.0 | 20.0 | 51.0 | 36.0 |

Results:

| Purposes of taking OTC drugs (n) | Variables (cont) | | | | | | | | |
|----------------------------------|------------------|-----------|------------|------------|----------|--------|------------------------|------------|------------|
| | education | | | employment | | | salary (IDR) per month | | |
| | elementary | secondary | university | students | employee | others | <500,000 | 500,000-1m | >1,000,000 |
| prevention | 1 | 24 | 30 | 9 | 27 | 19 | 19 | 20 | 16 |
| curation | 7 | 51 | 41 | 9 | 54 | 37 | 32 | 43 | 49 |

Results:

- ✓ Although they were most frequently buying OTC drugs in pharmacies, advertisements were the main source of information of these drugs.

| Sources of OTC drug information (n) | Variable | | | | |
|-------------------------------------|----------|------|-------------|-------|------|
| | gender | | age (years) | | |
| | female | male | <25 | 25-40 | >40 |
| advertisement | 27 | 20.0 | 13.0 | 23.0 | 11.0 |
| relatives | 18 | 11.0 | 8.0 | 16.0 | 5.0 |
| friends | 15 | 12.0 | 6.0 | 15.0 | 6.0 |
| pharmacy staff | 13 | 20.0 | 12.0 | 14.0 | 7.0 |
| other health professionals | 13 | 10.0 | 4.0 | 10.0 | 9.0 |

Results:

| Purposes of taking OTC drugs (n) | Variables (cont) | | | | | | | | |
|----------------------------------|------------------|-----------|------------|------------|----------|--------|------------------------|------------|------------|
| | education | | | employment | | | salary (IDR) per month | | |
| | elementary | secondary | university | students | employee | others | <500,000 | 500,000-1m | >1,000,000 |
| advertisement | 5 | 24 | 18 | 6 | 24 | 17 | 15 | 23 | 9 |
| relatives | 16 | 13 | 29 | 3 | 17 | 9 | 9 | 12 | 8 |
| friends | 3 | 11 | 13 | 4 | 16 | 7 | 9 | 11 | 7 |
| pharmacy staff | 2 | 16 | 15 | 7 | 14 | 12 | 14 | 12 | 7 |
| other health professionals | 2 | 13 | 8 | 1 | 12 | 10 | 10 | 5 | 8 |

Conclusion:

- ✓ The place where respondents purchased the drugs was not related with from which they got drug information.
- ✓ Most of respondents got information from advertisement (mostly on TV) although most of them bought OTC drugs from pharmacies.
- ✓ TV advertising of OTC drugs was considered to be persuasive and some of them contained misleading information of the drugs therefore pharmacists should take active role to educate patients about the proper use of those drugs.

References:

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▣ *Thank you...*

