

## Assess the Knowledge Regarding the Ill Effects of Over the Counter Drugs in Selected Rural Area, Thrissur

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### Abstract

The present study aims to assess the knowledge regarding ill effects of OTC drugs among the rural population in selected rural area in Thrissur. The objectives of the study was to assess the knowledge regarding the ill effects of OTC drugs among rural population and to associate the knowledge regarding the ill effects of OTC drugs with selected socio-demographic variables. The design for the study is descriptive design. The study was conducted over 30 samples residing in Nadathara Gramapanchayath, Thrissur and samples were selected by using convenient sampling. The tool used for the study was structured questionnaire to assess the knowledge regarding the ill effects of OTC drugs among rural population. This study revealed that 13.3% people have adequate knowledge, 76.7% people having moderate knowledge, 10% people having inadequate knowledge. The analysis shows that there is a significant association between the knowledge of rural population regarding the ill effects of OTC drugs with selected socio demographic variables such as education and occupation.

**Keywords:** Ill Effects; OTC Drugs; Knowledge.

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### Introduction

Over the counter drugs are medicines sold directly to consumer without a prescription, from a health care professional as compared to prescription drugs which may be sold only to consumers possessing a valid prescription.

The use of OTC drugs has been studied in many different population, and result demonstrate that about 25-75% population consume OTC drugs a recent Malaysian study reported that 75% of the respondents ha used OTC drugs at least once. However the lack of adequate knowledge of the drug

dosage and frequency of intake leads to adverse effect from these drugs and leading to a delay in the diagnosis and management of the condition. Most of the time, people purchase OTC drugs based on their knowledge and experience regarding the effectiveness of the medication. However the understanding of drug interaction is poor.

A cross sectional study done on self medication; awareness and attitude among Malaysian urban population. The result shows that overall 83.9% participants consumed OTC drugs.

A study was done on prevalence and pattern on self medication practices in urban area of southern Rajasthan. The result shows that out of total 440 study participants, 324(73.6%) had used self medication within last 3 months.

### Materials and Methods

The research approach selected for the present study was quantitative. A non experimental approach was chosen for the study. In this study

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researcher had adopted descriptive design. The present study was conducted in Nadathara Gramapanchayath, The population this study was people residing in rural area of Thrissur district. The sample selected for the present study was people residing in Nadathara Grama Panchayath and the sample size was 30. The samples were selected by using non probability convenient sampling. The tool used for the study was a structured questionnaire. It consists of two section, Section A consist of 7 items such as age, sex, religion, education, occupation, type of family and income to assess the socio demographic data of rural population. Section B, consists of 30 multiple choice questions to assess the knowledge regarding the ill effects of OTC drug among rural population. For correct response score 1 is given and for incorrect response score 0 is given.

**Table 1:**

Sl. No.	Level of knowledge	Range	Frequency(n)	Percentage (%)
1	Inadequate	0-10	3	10
2	Moderate	10-20	23	76.7
3	Adequate	20-30	4	13.3

Table 1 shows that 23 (76.7%) of people possessed moderate knowledge, 4(13.3%) had adequate knowledge and remaining had poor knowledge.

Association between level of knowledge of rural population on ill effects of OTC drugs with selected socio demographic variables.

H<sub>0</sub> – There is no significant association between level of knowledge of rural population on ill effects of OTC drugs with selected socio demographic variables.

H<sub>1</sub> – There is a significant association between level of knowledge of rural population on ill effects of OTC drugs with selected socio demographic variables.

## Discussion

The present study findings are supported by another study conducted in Bahrin to assess the knowledge on self medication among 134 first year medical students reveals that most of them (76.9%) had moderate knowledge about self medication.

The present study findings are opposed by a study conducted to evaluate usage of self medication in community, Utterpradesh. The results shows that among 100 responders majority of people had a poor knowledge about self medication.

After getting approval from institutional ethical committee of Aswini College of Nursing, Thrissur and administrative sanction from panchayath, an informed consent was taken from the samples, each sample took around twenty to thirty minutes to answer questionnaire and we have visited around 10 houses to get the desired sample of 30 and we able to complete entire data collection within three and half hours. The data would be analyzed by using suitable descriptive and inferential statistics.

## Results

*Distribution of rural population regarding level of knowledge on ill effects of OTC drugs.*

Present study finding is that most of the samples (76.7%) had moderately adequate knowledge and 13.3% had adequate knowledge and remaining 10% had inadequate knowledge regarding ill effects of OTC drugs.

The present study findings depicts that there is an association between level of knowledge on ill effects of OTC drugs and the selected socio demographic variables such as education and occupation which were significant at 0.05 level. Thus the research hypothesis (H<sub>1</sub>) that there is a significant association between knowledge and selected socio demographic variables is accepted.

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