

Attitude and Practice of Patients toward Pharmaceutical Drugs in Al-leith health Centers, Saudi Arabia 2017

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Abstrac: This is health centers based cross-sectional study aimed to assess the attitude and practice of patients toward pharmaceutical drugs. Four health centers were selected. A total of 193 patients were participated in this study. Random sampling was followed while distributing the questionnaire. Information about attitude, practice of patients and socio-demographics was collected. The data was expressed as counts and percentage using Microsoft Excel 2017 also figures were found. There were 77 patients from the age group 25 – 36 years (39.9 %) followed by 47 (24.4%) from the age group of 26 – 35. Seventy five (38.9%) patients were from secondary level and 56 (29%) patients were from graduated. Majority of patients were from education sector 59 (31%) followed by private sector 44 (22.8%). The abuse drugs among patients were found (81.3 %) Panadol, (11.9 %), antibiotics and (6.7 %) were used flagyl. The study concluded that the patients have positive attitude but still lack appropriate safe practices toward pharmaceutical drugs.

Key Words: Attitude, practice, pharmaceutical drugs, patients, abuse drugs.

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I. Introduction

Attitudes towards drugs have been studied in qualitative studies. However, there is little information on how attitudes towards drugs are distributed in the general population, if there are differences in attitudes between various population groups or if users of various types of drugs differ. Attitudes toward drugs are directly linked to the perceived need for drug treatment and thus to patient compliance. A better knowledge on existing attitudes towards drugs would be beneficial in drug information and counselling in pharmacy practice (Isacson and Bingefors, 2002). In Saudi Arabia, people have easy access to medication and can purchase prescribed medications, such as anti-acne medications and antibiotics, over the counter without the need for a prescription from a physician. The prevalence of self-medication has been estimated to be between 10.3% and 87.0% worldwide, varying according to the population studied and methods used. Among the Gulf Cooperation Council, the United Arab Emirates showed a high prevalence of self-medication (89.2%). Locally, in the Al Qaseem region of Saudi Arabia, researchers found that the majority of adolescents were self-medicating (86.2%). Studies have found that improper self-medication leads to a delay in seeking medical advice when needed, a deterioration in health status, the masking of the presence of severe disease, drug interactions, possible development of antibiotic resistance among pathogens, adverse drug reactions, monetary attrition and a risk of dependence and abuse (Albatti *et al.*, 2017). Poor knowledge could lead to the improper use of commonly used medicines which in turn may lead to serious repercussions. Moreover, attitudes toward medicines formed at a young age may affect the use of medicines later in adulthood (Eldalo *et al.*, 2014). Inappropriate use of drugs of all kinds and by different age groups is a growing public health problem worldwide (Jaber *et al.*, 2015). The global increase in the consumption of medications needs for studying medication knowledge and behaviors (Atsbeha and Suleyman, 2008). Various studies revealed that loss of efficacy and inefficient use of the drugs is due to lack of knowledge and information regarding medication and inappropriate use of medication (Divya *et al.*, 2017). This in turn leads to loss of efficacy and an inefficient use of the considerable resources which are spent annually on drugs (Atsbeha and Suleyman, 2008). According to a report by World Health Organization (WHO), 50% of all medicines are prescribed, dispensed or sold incorrectly, while 50% of patients fail to take their medicines satisfactorily. Rational use of medicine as defined by WHO requires that patients receive medications appropriate to their clinical needs, in doses that meet their own requirements, for an adequate period of time, and at the lowest cost to them and their community (Dakhale *et al.*, 2016). Also according to figures gathered by surveys presented to the World Health Organization (WHO) in 2000, about 60% of

antibiotics in Nigeria were prescribed unnecessarily. In Nepal, over 50% of antibiotics prescribed in 1996 were not needed and 40% of medicines expenditure in the same year was wasted due to inappropriate prescriptions. Globally, the figure for unwarranted antibiotic prescriptions stands at roughly 50% (Jha *et al.*, 2013). The United States National Institute on Drug Abuse (NIDA) in 2011 estimated that approximately 2.8 % of the population was using psychotherapeutic drugs for nonmedical purposes. Similar results were confirmed by many researchers through the Middle East area. Moreover, a number of studies in Jordan have highlighted the misuse and self-medication by systemic antibiotics. Many reports showed an increase in the prevalence of prescription drug abuse (Jaber *et al.*, 2015). Patient education also plays a critical role in facilitating patients' acceptance of their diagnosis and understanding behavioral changes required for active participation in treatment. Patients with lower educational level might have more trust in physicians' advice. Patient knowledge of drug therapy and disease still remains poor and patient's memory of instructions given by physician is poor, since 50% of the information will be forgotten immediately. Lack of communication and lack of patient uptake of information may account for the marked up to 55% patient deviation from prescribed drugs (Aishwaryalakshmi *et al.*, 2012). Patient medication counseling providing medication related information orally or in written form to the patients or their representatives, on topics like direction of use, advice about side effects, precautions, storage, diet, and lifestyle modifications, is an important to ensure rational drug therapy and enhance therapeutic outcomes (Ayalew *et al.*, 2014).

II. Material And Methods

Health centers based cross-sectional study was conducted to assess the attitude and practice of patients toward pharmaceutical drugs in Al-leith health centers. Permission was obtaining from health centers and patients to collect information. Four health centers were selected. A total of 193 patients were participated in this study. Random sampling was followed while distributing the questionnaire. Information about attitude, practice of patients and socio-demographics was collected. The data was expressed as counts and percentage also Excel software was used to fine graphs.

III. Results

A total of 193 patients attending Al-leith health centers were enrolled. There were 77 patients from the age group 25 – 36 years (39.9 %) followed by 47 (24.4%) from the age group of 26 – 35. Seventy five (38.9%) patients were from secondary level and 56 (29%) patients were from graduated. Majority of patients were from education sector 59 (31%) followed by private sector 44 (22.8%). The abuse drugs among patients were found (81.3 %) Panadol, (11.9 %) antibiotics and (6.7 %) were used flagyl (Fig. 2). Attitude and practice of patients toward pharmaceutical drugs are shown in Tables (2)Fig (1) is showing the Age distribution of patientsFig (3) is showing the distribution of diseases among patients attending Al Leith health centers

Fig. 1: Age distribution of patients.

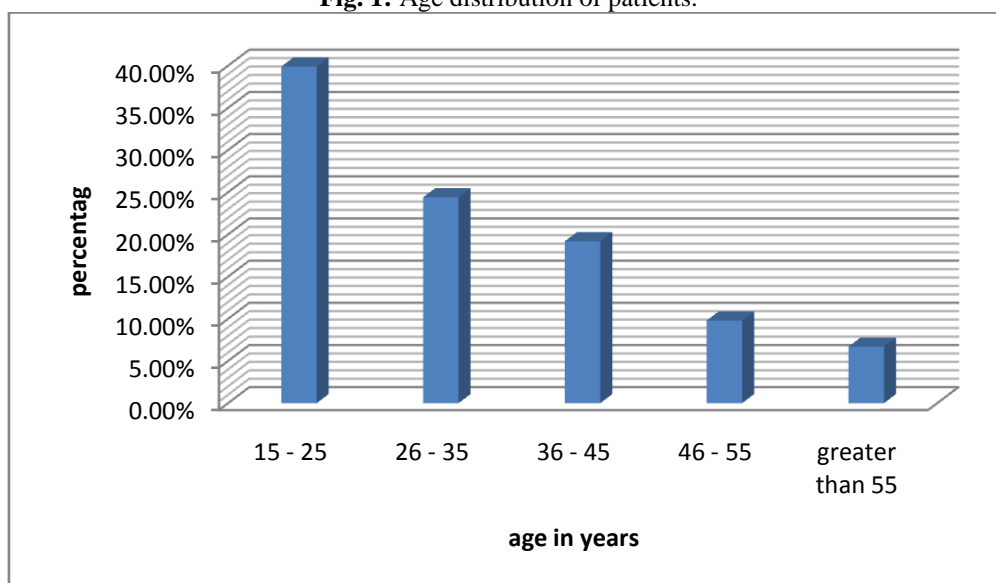


Fig. 2: Abuse drugs among patients in Al Leith health centers

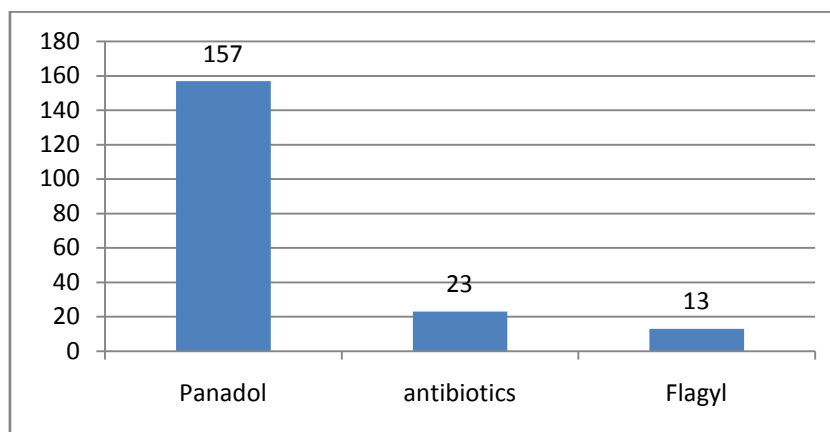


Fig. 3: Distribution of diseases among patients attending Al Leith health centers.

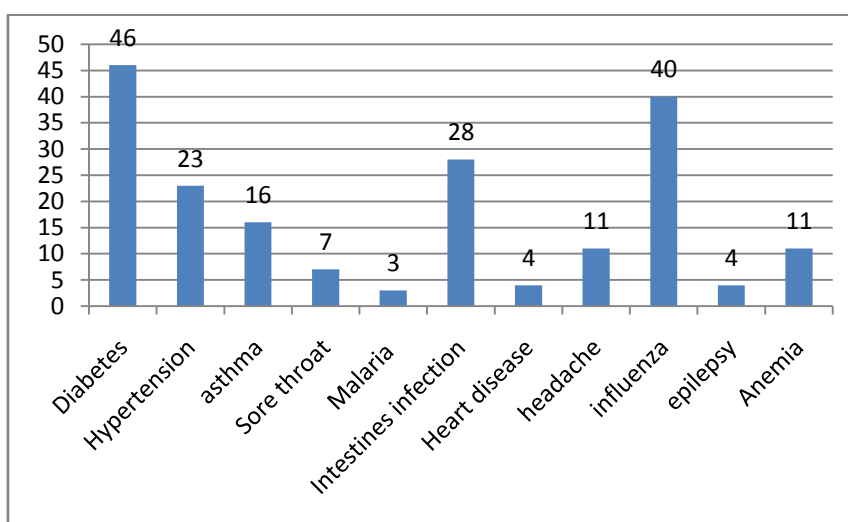


Table 1: Educational levels, occupation and marital status of the patients.

Educational levels	
Illiterate	5 (2.6%)
primary	11 (5.7%)
intermediate	23 (11.9%)
Secondary	75 (38.9%)
graduated	56 (29%)
Postgraduate	23 (11.9%)
Occupations	
Education	59 (31%)
Medical & Health	14 (7.3%)
Private	44 (22.8%)
pensioner	34 (17.6%)
Unemployed	42 (21.8%)
Marital status	
Married	108 (56%)
Single	85 (44%)

Table 2: Attitude and practice of patients toward pharmaceutical drugs

Are you taking medication doses in the allotted time?	
Yes	158 (82%)
No	35 (18%)
Are you taking non-prescription drugs?	
Yes	126 (65%)
No	67 (35%)
Are you stopping treatment when you feel healthy?	
Yes	153 (79%)
No	40 (21%)
Do you use the drugs for more than one illness?	
Yes	37 (19%)
No	156 (81%)
When you have a chronic disease, do you regularly visit your doctor and follow up on medication doses?	
Yes	138 (72%)
No	55 (28%)

IV. Discussion

The current study was conducted to provide baseline data on the attitude and practice of patients attending Al-leith Health Centers to words drugs. The results of the study demonstrated that the patients have positive attitude but still lack appropriate safe practices in drugs use because 82% of the patients said that they were taking medication doses in the allotted time while 18.2 don't; Eldalo *et al.*, (2014) stated that poor knowledge could lead to the improper use of commonly used medicines which in turn may lead to serious repercussions. Moreover, attitudes toward medicines formed at a young age may affect the use of medicines later in adulthood Inappropriate use of drugs of all kinds and by different age groups is a growing public health problem worldwide (Jaber *et al.*, 2015). Patient knowledge of drug therapy and disease still remains poor and patient's memory of instructions given by physician is poor, since 50% of the information will be forgotten immediately (Aishwaryalakshmi *et al.*, 2012). The unsafe practice was found in this study abuses of drugs by patients (self-medication) (81.3 %) were get Panadol, (11.9 %), antibiotics and (6.7 %) were used flagyl. In Saudi Arabia, people have easy access to medication such as anti-acne medications and antibiotics without the need for a prescription from a physician. The prevalence of self-medication has been estimated to be between 10.3% and 87.0% worldwide, varying according to the population studied and methods used. Among the Gulf Cooperation Council, the United Arab Emirates showed a high prevalence of self-medication (89.2%). Locally, in the Al Qaseem region of Saudi Arabia, researchers found that the majority of adolescents were self-medicating (86.2%). Studies have found that improper self-medication leads to a delay in seeking medical advice when needed, a deterioration in health status, the masking of the presence of severe disease, drug interactions, possible development of antibiotic resistance among pathogens, adverse drug reactions, monetary attrition and a risk of dependence and abuse (Albatti *et al.*, 2017).

V. Conclusion

This study revealed that the patients have positive attitude but still lack appropriate safe practices toward pharmaceutical drugs. The abuse drugs among patients were found (81.3 %) Panadol, (11.9 %), antibiotics and (6.7 %) were used flagyl.

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