



QUALITY OF LIFE, QUALITY OF CARE, AND PATIENT SAFETY

## THE SOCIO-PSYCHOLOGICAL FACTORS IN PATIENTS WITH TOPICAL STEROID ABUSE : A PROSPECTIVE STUDY.

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**INTRODUCTION:** Topical corticosteroids have made a dramatic contribution to dermatology since the introduction of hydrocortisone in 1952 and have become the mainstay of dermatologic treatment of a wide range of inflammatory and non-infectious conditions. However, the more serious concern is its inappropriate use in symptomatic treatment for varied dermatological disorders like acne, primary bacterial and fungal infections, and undiagnosed skin rash and as fairness cream by non-registered practitioners or on the advice of pharmacist at chemist shops.

**OBJECTIVE:** The aim of the study was to gather information about steroid use in common public along with assessment of the factors encouraging the prolonged use, indication of use and to assess the outcome of side effects of topical steroid on the quality of life

**MATERIALS AND METHODS:** A prospective questionnaire-based study was done at a tertiary care hospital. A total of 500 adult patients having the history of steroid use for non-indicated cause coming to seek consultation for the same cause or relative side effects were included in study and questionnaire was given. All the data was collected and entered into Microsoft excel sheet 2013 and statistical analysis was done using SPSS software.

**RESULTS:** Out of 500 patients the quality index of life affected because of steroid abuse was mildly affected in 167(33.4%), moderately affected in 248(49.6%), and highly affected in 85(17%) patients.

**CONCLUSION:** The ubiquitous uncontrolled use of steroids is the major concern in dermatology practice as the effects are affecting social and psychological aspects of affected individuals.

