

URTICARIA, ANGIOEDEMA

IMPACT OF SELF MEDICATION PRACTICES TO URTICARIA, IMPACT ON DAILY LIFE IN DEVELOPING COUNTRY

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Aim of Investigations:

- to determine the abuse of self-medication for Urticaria and its impact
- to explore the non-medical use of prescription medicines

Methods: This study was conducted among the patients (N=125, M:F=60:65) who have purchased the drugs from Pharmacy in one year. Totally, 125 consenting respondents were selected by random sampling and in depth interviewed, closed-ended question-based, semi-structured questionnaire.

Results: About 85percent of the patients didnot have medical prescriptions. Majority (68%) of respondents were treated for Urticaria with over the counter (OTC) drugs, and most were taking anti histamine (55%) alone, antihistamine plus antifungal(30%), 15% with antifungal soap, vitamins, and low dose of steroid. Urticaria with unknown cause (32%), with some known aggravating factor (28%), and believe in traditional-healer (22%), due to some kind of herbal or chemical (14%) was most prevalent. Respondents with urticaria were had low QOL. About 28% of patients lost ≥ 3 -4 hours of house work in the past month. 55% of the patients did not have the knowledge about the dose, duration, side-effects, and interactions of drugs they had used. The mean age of the participants was 39+/-4. 2 years. In all cases, chemist shops were the main source of obtaining the drugs non-medically. Less than 2 % had one episodes of Fix drug-eruption in past one year.

Conclusions: Anti-fungal and some herbal-products were the most common drugs abused for self-medication. Adequate health-education is needed and was found mandatory to make people aware of the use and misuse of drugs, especially antifungals, and regarding the potential adverse effects they can show, especially when used repeatedly, or chronic basis. Government should control the schedule-D and H drugs without clinician prescription. This will also minimize the drug-abuse and make pharmacist towards ethical behavior.