

## **Abstract**

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**Title of the diploma thesis:** The Analysis of Senior's Opinions on Self-treatment by non-steroidal anti-inflammatory drugs

**Introduction:** Due to their significant analgesic and antiphlogistic effects are non-steroidal anti-inflammatory drugs one of the most prescribed drugs. According to the high number of side effects and drug-drug interactions, it is important to pay attention to their presence in patient's medication. The importance of drug related problems increases in polymorbid and geriatric patients, who's medication can be altered by the presence of non-steroidal anti-inflammatory drugs, which can lead to unwanted complications.

**Aim of study:** The principal aim of the theoretical part is to elaborate a review of the drug related problems concerning the side effects and drug-drug interaction of NSAIDs. The practical part analyses via a question-study the senior's opinion and experiences on self-medication by analgesics focusing on ibuprofen.

**Methods:** A cross sectional study have been conducted in the city of Kharkov in Ukraine. The data have been collected during an interview with a questionnaire. The used questionnaire has been partly taken from the study done by Mgr. Barbara Růžková on the theme „Analasys of senior's of Senior's Opinions on Self-treatment by analgesics especially by ibuprofen. The questionnaire has been modified by including two other possible questions and alteration of some answers. A few number of retirement houses have been approached, but due to the lack of respondents, we had to approach seniors outside the retirement houses, namely in pharmacies, hospitals and park.

**Results:** During the study, 338 seniors have been asked to cooperate, out of them only 160 agreed. 25.6 % of seniors suffered from various pain at least once a week, 25 % of seniors suffered from pain every day. The most common pain was headache, joint pain, muscle pain and back pain. The main advisor for the use and choice of analgesics was a pharmacist. An important part of seniors (60 out of 160) didn't need the advice of specialists. Most of the seniors didn't know, what ibuprofen is. 55 respondents knew that ibuprofen is an analgesic. The most preferred OTC analgesics was diclofenac followed by ibuprofen. 61,4 % of seniors who used ibuprofen (N=57) had no knowledge about the side effects of ibuprofen, 14 % classified ibuprofen as a drug with severe side effects. Concrete side effects have been named

only by 11 seniors, the most cited ones were hepato-, gastro- and nephrotoxicity. The majority of seniors had no knowledge about drug-drug interactions or didn't know the meaning of the term. Seniors were frequently aware of the dangerous interactions of ibuprofen with antiagregants. The main source of information about the interactions and side effects were for seniors the user's notice (N=8), media (N=5), friends and relatives (N=5), and medical schools (N=4).