

## ABSTRACT

### **The Analysis of Senior´s Opinions on Self-treatment by non-steroidal anti-inflammatory drugs II**

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**Background:** Self-medication is a growing trend in a society with widespread use of over-the-counter medicines. Among the OTC medicines, analgesics belong to the drugs with the highest consumption. They are also popular in the group of seniors, who often suffer from chronic pain, mainly of the musculoskeletal system.

**Aim of study:** In the theoretical part to carry out a review of published papers concerning safety of self-medication with analgesics and non-steroidal anti-inflammatory drugs. In the practical part, by performing a questionnaire survey to acquire and analyze the attitudes of seniors regarding self-medication with analgesics and anti-inflammatory drugs focused on ibuprofen.

**Methods:** An observational cross-sectional study was carried out in the facilities for seniors of the Trenčín region. The survey was conducted by interview with senior using questionnaire sheets. The research took place in the period July to September 2019.

**Results:** 64.0 % of seniors suffered from almost every day or daily pain, mainly from musculoskeletal pain. The main counselling subject in the case of pain management was the doctor. OTC for the pain therapy in the pharmacy was bought most often to his recommendation. In the case of counselling on correct use, they preferred a pharmacist. Package leaflet was also a frequent source of information. The most popular OTC analgesics were ibuprofen and paracetamol. However, seniors' knowledge of ibuprofen was limited. Only 28,0 % of respondents classified ibuprofen as a drug with potentially serious adverse effects. 82,0 % respondents did not recognize the specific AEs. Seniors most often reported as AEs “stomach pain / injury” (22 respondents). Adverse effects on other organ systems like liver or kidneys have been known by less than 5 % of respondents. 186 respondents (93.0%) did not identify inappropriate drug combinations.

**Conclusions:** The results show that education of seniors on the issue of analgesics and their proper use in self-medication is necessary. The benefit would be more frequent organization of educational lectures by doctors or pharmacists directly in the facilities.