

Abstract

The Analysis of Seniors' Opinions on Self-treatment by Non-steroidal Anti-inflammatory Drugs III

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Background: Self-treatment is one of the approaches in managing pain which is still gaining higher level of importance even amongst seniors. One of the most favourite over the counter (OTC) analgesics is ibuprofen, however its use can be associated with certain drug related problems (DRP). The potential of DRPs is increasing with age which makes seniors more sensitive to them.

Aim of study: 1) To create an overview of DRPs of OTC analgesics, focusing on paracetamol (acetaminophen).

2) Through the survey find out the knowledge and experience of seniors with self-treatment by OTC analgesics. The other aim was to evaluate their sources of information concerning ibuprofen and their preferences to each product.

Methods: The observable cross-sectional study was made through social media and in Královéhradecký region. In the first case the questionnaire was spread through social media-Facebook. In the second case standardised conversation with questionnaire lists was applied with seniors above 60 years of age. The research was anonymous and took place between April-June 2020 and May-June 2020.

Results: Almost 65 % of respondents suffered from pain several times during a month and almost 15 %of them suffered from pain everyday. Pain was the most frequently located in

muscles, joints and back. 61 % of respondents relieve the pain with OTC analgesics and almost 32 % of respondents relieve the pain with alternative approaches. The most favourite OTC analgesics were ibuprofen (65 %) and paracetamol (32-40 %).

Information from package leaflet gained the highest level of trust (61 % of respondents would find the information there in case of being uncertain with how to use the medication) followed by information from pharmacists and doctors. The trust to pharmacists was even higher in questionnaires from the shopping centre. 39 % of respondents never got any information when buying products with ibuprofen. If respondents got any information it was mostly concerning the maximal dosage per day, using with or after meal or information concerning unsuitable combinations with other drugs.

The knowledge of adverse effects was generally associated with the notion that every drug might have some adverse effects. They were less sure about the severity of these adverse effects. Only 44 % of respondents classified ibuprofen as a medication that might have serious adverse effects. The amount of this answer was higher in the group of respondents with medical education. Approximately 38 % of respondents mentioned they know particular adverse effect. Most frequently the negative effect on gastrointestinal tract and effect of ibuprofen on hemocoagulation were named. Almost 11 % of respondents stated that they had suffered from ibuprofen induced adverse effect in the past. Exacerbation of ulcers, worsening of hemorrhoids and allergy were mentioned.

Almost 54 % of respondents were not able to say whether ibuprofen interacts with other medications or if there is any contraindication related to ibuprofen. Most frequently the respondents were aware of interaction with anticoagulants and antihypertensives

Conclusion: The results lead to conclusion that the knowledge of seniors regarding ibuprofen is fairly limited and some kind of education concerning self-treatment is necessary. The health literacy saves expenses of fund of health insurance and can improve the quality and length of life.