

Abstract

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Title of diploma thesis: The analysis of self-medication with antibiotics in Kaliningrad region
– pilote study

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Objectives: In the theoretical part, I will focus on the self-medication with antibiotics, including its causes and consequences, and the problems associated with the emergence of antibiotic resistance. The aim of the practical part is to analyze the probability and reasons of self-medication with antibiotics in the Kaliningrad region.

Methods: A study was conducted from July-August 2015 of community pharmacists and pharmaceutical assistants in Kaliningrad region, Russia. The theoretical part contains a literature research about self-medication with antibiotics and antibiotic resistance which was performed through using PubMed. The main keywords which were used were: "self-medication; antibiotics use; antimicrobial resistance". In practical part was used a self-administered questionnaire to assess antibiotic dispensing without a medical prescription by pharmacists/ pharmaceutical assistants and causes of self-medication practices.

Results: Eighty questionnaires were completed, with a response rate of 70%, consisting of 16 (20%) pharmacists and 64 (80%) pharmaceutical assistants. Of the total of 80 participants who completed the questionnaire, 69 (86%) dispense antibiotics without a medical prescription. Characteristics such as age, education and experience were related to antibiotic dispensing without a medical prescription. Antibiotics were mostly used to self-medication respiratory tract infections (35% and 30%). The main reason for dispense antibiotics in a group of pharmacists was to avoid self-medication with antibiotics 9 (43%) and in a group of pharmaceutical assistants was based on a previous experience indicating that these patients 29 (34%).

Conclusions: This study confirms that dispensing antibiotics without a medical prescription is a common practice among pharmacists and pharmaceutical assistants in Kaliningrad region. Therefore self-medication with antibiotics is an relatively frequent problem in this region.