

# Abstract

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**Title of Thesis:** The Analysis of Senior's Opinions on Self-treatment by Painkillers Focused on Ibuprofen

**Background:** The development of ibuprofen is one of the most successful points in pharmaceutical industry. Ibuprofen was developed by pharmacologist Dr. Stewart Adams and chemist John Nicolson. Ibuprofen has had forty years of history and nowadays, it is still the most popular product among professional and laic public.

**Aim of study:** To do recherche concerning self-treatment by painkillers focused on ibuprofen to find out knowledge and experiences with self-treatment by painkillers; to find out the sources of information and their preferences.

**Methods:** I made observable cross – sectional study in Liberecký and Středočeský regions. In the first step, I tested questionnaire in pre-research. In the second step I visited homes for seniors and I applied standardised conversation with questionnaire list. I talked with senior above 60 years. The research was anonymous passed of April to August.

**Results:** The professional on the self-treatment and dosage of painkillers is a doctor, significant role has nurse, and pharmacist was in the background. 64.3 % respondents suffered from pain approximately every day. The most frequent localisations of pain were muscles, joints and localisation of back and rood. The knowledge of adverse effects was frequently joined with imagine that every drug has averse effects. Only 9 % of respondents classified ibuprofen as a drug with serious adverse effects. Particular adverse effect knew only 22 respondents. The most frequent were negative influence on stomach, bleeding in GIT localisation and exacerbation of ulcers. 168 respondents found out that they did not know interactions of ibuprofen and that they did not know the meaning of this word. They knew the interaction with drug on blood dilution. The most popular OTC painkiller was ibuprofen (94 respondents) and paracetamol (79 respondents).

**Conclusions:** I found out that education of seniors in houses of seniors is necessary. Close cooperation among doctors and pharmacists could be practical benefit.