

Practices on Over the Counter Medication among Mothers of Under Five Aged Children Attending Child OPD at Friends of Shanta Bhawan, Boudha, Kathmandu

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ABSTRACT

Background: Over the counter medicines are drugs that are brought without a medical prescription. The use of many OTC medicines in children is usually initiated by parents. Self medication in developing countries from a biological point of view point the risks that are involved in developing countries are reportedly higher than in industrialized countries. This can be related to the fact that in many developing countries drugs are available over the counter. In a study conducted in Pokhara, western Nepal found that 59% had taken self medication including OTC medicines.

Objective: To assess the practices on OTC drug among mothers of under five aged children

Methodology: The descriptive cross sectional study design was used. All the mothers of under five aged children visiting the Friends of Shanta Bhawan at the child OPD and had taken OTC medicines during last 6 months for child and wished to participate in the study were included using non probability purposive sampling technique during four weeks of data collection.

The data was collected from 100 samples by face to face interview technique using semi-structured questionnaire. Descriptive analysis such as mean, median, frequency, percentage, standard deviation was calculated according to the objectives.

Results: Most of the respondents (92%) took OTC for fever, 75% took for cough and cold. 65% of respondents used OTC medicines because the pharmacy is near from their homes and 48% used it due too easy to get the medicine as compared to visit to doctors or hospital.

Conclusion: This study concluded that mothers used OTC for the common problems of their children because OTC medications are near to reach and easy to get than to visit to doctors or hospitals.

Key word: Over the counter, under five aged children

INTRODUCTION

Over the counter (OTC) medicines are drugs that are bought without a doctor's prescription. People around the world tend to treat the disease, almost 50% either wait for the problem to run its course or use a home remedy. About 25%

visit a doctor or use a prescription medicine previously obtained for the same condition. The remaining 25% turn to the OTC medicines.¹ The study in population of Czech Republic showed that, they OTC would buy just on the basis of television advertising by 7% of respondents. In case for one year child 8% respondents opted for OTC.² In China, 70% of consumers select the OTC medicines through reading specification before purchase.

In a study carried out by student of Manipal College of Medical sciences done in Pokhara, Western Nepal found that 59% had taken self medication including OTC drugs. The common reasons given for self medication were mild illness, previous experience of treating a similar illness and non-availability of health personnel.³ Similarly a study conducted in a rural village in Philippines revealed that antibiotics are routinely given in self medication for non severe childhood diarrheal illness.⁴ A study carried out in Brazilian village found that 50-66% uses antibiotics as an OTC medication for the children.⁵ Many OTC drugs have drug interaction with prescriptions and other drugs. In fact drugs which can aggravate certain medical condition. They can results to even death as well. More medicines does not necessarily mean better. However there is no adequate study regarding OTC in Nepal. So, this study aims to assess the practices on OTC drug among mothers of under five aged children.

METHODS

A descriptive cross sectional study was conducted in child OPD of Friends of Shanta Bhawan in Jorpati, Boudha from March 8 to March 23, 2011. Approval was taken from the related Organization to collect the data. Informed verbal consent was from respondents before asking questions. The targeted population of the study was mother of children belonging aged under five attending child OPD and had taken OTC medicines during last 6 months for child. 100 sample size was calculated using the prevalence study formula. Face to face interview was conducted using structured questionnaire to collect the data about OTC. The questionnaire was pretested in 10% of sample attending child OPD at Friends of Santa Bhawan. The data was entered using Epi- data software and was analyzed by using SPSS 11.5 version. For the descriptive analysis, mean, median, frequency, percentage, standard deviation was calculated.

RESULTS

Table 1: Socio Demographic of Respondents (n=100)

Descriptive	Frequency	Percent
Age: 17-25 years	40	40
26-33 years	48	48
34-40 years	12	12
Religion:		
Hindu	46	46
Buddhist	50	50
Muslim	2	2
Christian	2	2
Education status of mother:		
Illiterate	52	52
Primary	18	15
Lower secondary	12	12
Secondary	13	13
Up to university	5	5
Education status of father:		
Illiterate	21	21
Primary	28	28
Lower secondary	18	18
Secondary	25	25
Up to university	8	8
Occupation of mother:		
Housewife	75	75
labor	17	17
Business	7	7
Services	1	1
Occupation of father:		
Business	16	37
Services	37	1
Agriculture	1	46
labor	46	
Types of family:		
Nuclear family	83	83
Joint family	17	17
Number of children :		
One	41	41
Two	41	41
Three	16	16
Four	2	2

The majority of the respondents (48%) are in the age of 26-33 years, mean age of the respondents was 27.16. Majority of respondents were illiterate, Buddhist, housewife, belongs to nuclear family.

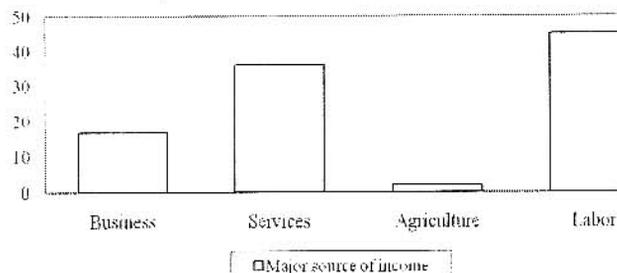


Figure 1: Major Source of Income of Respondents

Figure 1 shows that nearly half of the respondents' (45%) major source of income was labor followed by services 36%, business 17% and agriculture 2%.

Nearly all respondents (93%) used antipyretic, 75% used for cough syrup followed by 16% used anti-diarrheal as OTC medication for their under 5 years children.

Table 2: Reasons for Using OTC Medication (n=100)

Description	Frequency	Percc
Reasons for using OTC medication:		
Near from home	65	
Suggested by others	1	
Easy to get	48	
Low cost	9	
Time saving	18	
Believable	23	
Duration for using OTC medication		
Till sign and symptoms subsides	90	
For a day till visit to a doctor	4	
For at least 2 days	6	
Use of OTC medications are influenced from		
Self	83	
Friends	13	
Family	4	
Relation with any health relatives:		
Doctor/nurse/FCIV	9	
No any	91	
Means of transportation for reaching pharmacy		
By foot	100	

Table 2 represent that among 100 respondents 65% used OTC medication for their children because it is near form home, 48% used it because it is easy to get and 18% said that it is time saving than visit to doctors. 90% of respondent used the OTC medication for their children until the sign and symptoms subside. 83% of respondents influenced from OTC by themselves.

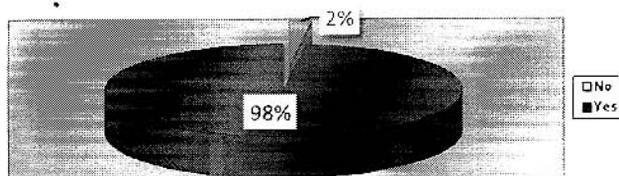


Figure 2: Information Regarding Dose and Frequency Provided by Pharmacist

Figure 2 shows that nearly all respondents (98%) were provided with information regarding dose and frequency by pharmacist.

Among 100 respondents 73 were checked by pharmacist and among them 63 were checked for the temperature followed by 25 were checked for chest, 10 for ENT and only 1 for pulse.

DISCUSSION

The aim of the study was to assess the practice on OTC drug among mothers of under five aged children. In this study most of the mothers (93%) used antipyretic, 75% used for cough syrup followed by 16% used anti-diarrheal as OTC medication for their under 5 years children. 65% who

used OTC reasoned that their homes are near from pharmacy shops and 48% said that it is easy to get and time saving than to visit to doctors. Most of the mothers 90% used OTC medication till sign and symptoms subsided. The majority of the respondents 85% stayed within 30 minutes walking distance of hospitals.

Other study done in population of Czech Republic showed that they would buy OTC just on the basis of television advertising by 7% of respondents. In case for one year child 8% respondents opted for OTC. Study in Ghananian District showed that care givers of children under five age children out of 2006 household 529 indicated that longer travel, waiting and treatment times encourage people to use OTC medication. A study conducted in 1459 school children showed that 59.4% mother practices OTC for their children.⁶

Worldwide survey shows that 28% use OTC drugs. The use of many OTC medicines in children is usually initiated by parents in a study in which mothers of 8145 pre-school age children were interviewed, OTC medicines. It was reported that more than half of the children (54%) were given an OTC medicines during past 30 days. The most common medication administered were analgesics, antipyretics and cough and cold medicines. ⁷A study conducted in a rural village in Philippines revealed that antibiotics are routinely given in self medication for non severe childhood diarrheal illness.⁴ A study carried out in brazillian village found that 50-66% uses antibiotics as an OTC medication for the children.⁵ cross sectional survey in 10 districts in Ulaanbaatar Mongolia's capital, using structured questionnaire 540 household with at least a child aged <5 years found that of 503 participants 42.3% used non prescribed antibiotics to treat symptoms in their child during previous 6 months. Symptoms commonly treated were cough (84%), fever (66%), nasal discharge (65%), and sore throat (60%). Amoxicillin was the most commonly used antibiotics (58%).pharmacies were the main source (86%)

of no prescribed antibiotics. Non prescribed use by mother was significantly associated with keeping antibiotics at home.⁷

CONCLUSION

This study concluded that mothers used OTC for the common problems of their children because OTC medications are near to reach and easy to get than to visit to doctors or hospitals.

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