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Prevalence of leftover medicines and associated factors among patients attending different clinics at Teaching Hospital Jaffna, Northern Province**Vinothini J¹, Kalki P^{1*}, Harshya A¹, Aravinthi Y¹***¹Department of Pharmacy, Faculty of Allied Health Sciences, University of Jaffna, Sri Lanka.***kalki@univ.jfn.ac.lk*

Introduction & Objective: Leftover medicines (LMs) are medicines that remain unused or partially used after being dispensed. LM accumulation has become a growing healthcare concern as it may lead to medication wastage, healthcare costs, and finally led to treatment failure. This study aimed to estimate the prevalence of and identify the factors associated with the LMs.

Methodology: A descriptive cross-sectional study was conducted among 580 different clinic patients attending Teaching Hospital, Jaffna, in 2026 and stratified random sampling was adopted. Data were collected through an interviewer-administered questionnaire for patient's information and medications information was extracted from clinical records.

Results: The median participant age was 58 years (IQR: 44–68), and 59% were female. The prevalence of LMs was 82%. Tablets and capsules were the most common dosage form (83%). Among 17 therapeutic categories, antihypertensive (15%), and analgesic (12%) medicines were the most common LMs. The major reasons were cognitive-related medication non-adherence (36%), obtaining medicines beyond clinical need (23%), and reductions in prescribed doses (13%). LMs were significantly associated with age >60 years, below secondary education, unemployment, chronic disease, follow-up intervals >2 months, disease duration >4 years, and prescription of >5 medicines ($p < 0.001$). Adverse effects ($p = 0.002$) and poor understanding of medication instructions ($p = 0.005$) were also significantly associated.

Conclusion: LMs were highly prevalent and significantly associated with several socio demographic factors. Study reveals the importance of structured medication reconciliation and patient counselling during follow-up visits.

Keywords: *Leftover medicines, Clinic patients, Prevalence.*