

# Knowledge on Usage of Thyroxin Tablet among Primary Hypothyroidism Patients Attending Endocrinology Clinic at Teaching Hospital Jaffna

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Hypothyroidism is a common condition in Sri Lanka as well as in the world. Many people are getting treatment for hypothyroidism in Jaffna. By having sound knowledge on the usage of thyroxin medicine, the quality of life can be improved. The goal of the study is to assess knowledge on the usage of thyroxin tablets among primary hypothyroidism patients attending the endocrinology clinic at the Teaching Hospital Jaffna. A descriptive cross-sectional study was conducted in 2019, which used an interviewer administered questionnaire, and included all primary hypothyroidism patients who attended the clinic during the data collection period. The data was analysed by SPSS 25 and chi-square test was performed to find out the relationship. Among the participants majority were females (88.5%) in between the age of eighteen to thirty, and the mean age was 37 years. Most of the participants (97.7%) knew thyroxin should be taken once daily, 94.1% knew that thyroxin should be taken early in the morning on an empty stomach, 62% knew thyroxin should be stored in a brown colour container. Only 19% knew that thyroxin can cause side effects, 40% knew that consulting the doctor upon noticing any side effects following ingestion of thyroxin is important. However only 19% knew that they should consult the doctor if they missed taking the tablet for more than 3 days. Nearly two-thirds of the participants (64.9%) had poor knowledge. Factors were assessed and no relationship was identified. To improve the patients' knowledge, increase the availability of articles in newspapers, internet, and books in their mother tongue, and small sessions can be carried out in the clinic setup.

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