

STUDY ON SELF MEDICATION PRACTICE AMONG THE NURSING STUDENTS OF  
COLLEGE OF NURSING, JAFFNA.

V<sup>1</sup>.Viniththira, and L<sup>2</sup>.Kamalarupan

<sup>1,2</sup>Unit of Allied Health Sciences, Faculty of Medicine

<sup>1</sup>[Viniththira@gmail.com](mailto:Viniththira@gmail.com)

<sup>2</sup>[k\\_Luxmi@yahoo.com](mailto:k_Luxmi@yahoo.com)

**Abstract**

Self medication is defined as use of medications by a patient on his own initiative or on the advice of a pharmacist or a lay person instead of consulting a medical practitioner. This is a common practice in worldwide. Nursing students have knowledge about the pharmacology and disease conditions, they handle several types of medications in their daily practice, easy access can favor the self-prescription and self-medication

This study was aimed to assess the prevalence of Self-medication and to find out the categories of medications that are commonly used by the nursing students.

Self administered pretested questionnaire was administered to the first, second, and third year Nursing students of College of Nursing, Jaffna. The SPSS 16 was used to analyze the data.

A total of 185 participants were assessed for their self medication practice, out of which 87% were females. The mean age of the respondents was 24.5±1.7 years. Majority of the participants were Hindu (75.1%) and rest of them were Muslim (17.3%) and Christian (7.6%). A larger number of students were in third year (70.3%, n=130).

The prevalence of self medication among the study population was 83.3%. Most of the males (92%) were self medicated. Among the self medicated population majority followed Allopathic system of medicine (96.7%), 2% followed Ayurvedic system and 1.3% were home remedies.

The total usage of drugs commonly used for self Medication by Nursing students were 75.1% of “Over the Counter” drugs and 32.4% of “Prescription only medicines”. Commonly used over the counter drugs were Analgesics 64.3% and Vitamins 26.9%. In the prescription only medicines were Antibiotics 31.7%, Analgesics 22.2%, Anthelmintics 15.8%, Antacids 13.7% Antihistamine 9.5%, and Antiemetic 5.3%.

The high prevalence of self-medication among the nursing students indicates that they are treating their minor illness by their own. The one third of Self medicated participants were taking prescription only medication. So the awareness on risk of self medication practice to be more emphasized on the teaching of Nursing Students.