

AN ASSESSMENT ON SELF-MEDICATION PRACTICE WITH ANTIBIOTICS AMONG GENERAL RESIDENTS IN SRI LANKA

N.D. Uduwawithana^{1*}, K.M.D. Madhuwanthi¹, T.S.P. Jayaweera¹, H.A.D. Ruwandeepika¹

¹ *Department of Livestock Production, Faculty of Agricultural Sciences, Sabaragamuwa University of Sri Lanka, Belihuloya, Sri Lanka*
n.d.uduwawithana.sabra@gmail.com

Abstract - Self-medication is the usage of drugs to treat self-diagnosed illnesses or symptoms. Antibiotics referred to the medicines formulated with the aim of treating or preventing bacterial infections (Ayukekong et al, 2017). Reusing old prescriptions to purchase medicines, acquiring medicines without prescription, sharing of medicines with relatives, friends, or family members include to Self-medication practices (Ajibola et al, 2018). The study was conducted in Sri Lanka, with a 600 Sample of general public individuals to investigate the prevalence and pattern of self-medication with antibiotics amongst general residents in Sri Lanka. On respondents' general characteristics nearly half of the respondents stated that they had been prescribed antibiotics within six months period preceding the study. Majority of the respondents (75%) stated that they discard excess or expired antibiotics by putting them in regular dustbin. 9% of respondents prefer to keep excess antibiotics for future usage. Garden burial and flushing in the toilet or sink were practiced by 10% and 4% respectively. 2% of the respondents practice incineration with their excess or expired antibiotics. Out of all participants 76.2% self-medicated themselves with antibiotics. When consider on Antibiotics used for self-medication, the majorities' choice of antibiotic was Amoxicillin (62%). Erythromycin (8%), Azithromycin (6%), Ciprofloxacin (5%), Ampicillin (5%), tetracycline (4%) were used in minor proportions and very few of individuals used Combined antibiotics (3%), Cefuroxime (1%) and Ceftriaxone (1%) for self-medication practice. Majority of respondents agreed that doctors prescribed antibiotics when a patient expects it. But majority were uncertain on whether doctors take time to provide information on how they should be used (41.6%) and whether pharmacy staff take their time to inform how antibiotics should be used (42.8%). The study reveals the irrational use of antibiotics by the public is an important issue as it results serious medical social and economic consequences. The malpractices needed to be investigated in depth to get knowledge on why people practice it and what can be predicted from this behavior.

Keywords: Antibiotics; Bacterial Infections; Irrational Use; Self Medication.