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Knowledge, attitude and practice of self-medication among female students at Princess Nourah Bent Abdul-Rahman University, Riyadh, KSA

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Introduction: Self-medication is a common behavior practiced worldwide. There are many drawbacks as the disease diagnosis may be in-correct, unknown side-effects, inappropriate usage of drugs leading to critical medical troubles as well drug resistance. Besides, taking same drug with different trade names leads to drug interactions, overdose and eventually to addiction. University students prefer self-medication for mild diseases to save time and money.

Objective: To assess knowledge, attitude and practice of self-medication among female students and to evaluate the influence of the medical curriculum upon the students' awareness regarding medication.

Materials & Methods: A cross-sectional study was carried out on 300 medical and non-medical students at PNU using a pre-tested, structured questionnaire about demographics, knowledge, attitude and practices of self-medication.

Results: The prevalence of self-medication was statistically significant for medical and non-medical students ($P < 0.01$), paracetamol and antibiotics were most frequent drug used. 88.9% and 89.4% of medical and non-medical student's residency closer to the drug stores. It is not statistically significant when we compare the medical and non-medical students to take medications to prevent mildness illness such as headache sickness allergies, asthma, sinus problems, or catching cold as well for their behavior toward leftover medication.

Conclusion: The motives for self-medication were similar among students, however, positive attitude and knowledge toward self-medication. It is needed to improve among the female students. This reflects the significance of raising community awareness programs about harmful effects of self-medication and health.

Biography

Nahla is a very interested and positive person who did her best to fulfill the project goals and succeeded in doing so. Nahla has a positive factor in all her research work, I am a very enthusiastic, active, and eager to learn. As well I am broad experienced in the development and performance of clinically useful real-time PCRs and molecular tools in clinical virology aspects.

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