



# A Study of Uncontrolled Self-Prescription of Medicines

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### Introduction

This problem is common to both developed and developing countries but mostly affected ones are developing countries due to poverty in which people suffer in shortage income for affording clinical costs for medical check-up as the result people end up in practice self prescription through buying of medicines from different sources of supply includes-, Pharmacies, Petty traders and Road side hawkers. But also is done due to the wider increase of drug availability without medication. Self prescription increase the emergency and possibility of drug abuse and drug dependency in which raise the risk on the body immunity. If mask the signs and symptoms of underlying disease hence risk the problem creating drug resistance in body and delaying diagnosis. The aim of this project is to asses that the idea of self prescription on the use of medicine by personal experience is not good due to the decrease of body immunity and also it aimed at estimating the prevalence effects and solution of self prescription in our society.



### Method

The project was carried out at Masaki in Sali international hospital, Mikocheni in Kairuki hospital, Msasani and Namanga which are located in Dar-es-salaam region in Kinondoni district where we obtained different information from victims at hospital and some neighbours in the society.

This method employed and applied different methodology and approaches for data collection which were useful to collect number of respondent for the project which included, informant interview, field observation, questionnaire, descriptive design and people in our society were study population .A sample size of 85 were calculated using analytical statistics from hospitals and homes place for describing the project in which helped us to provide solution to the problem.

### Results

We visited various places in Dar-es-salaam to acquire information includes ,Namanga, Mikocheni, Msasani and observed that large group of different people practiced in large the matter of self prescription without consulting doctors for medical check-up without aware on the effect that one could get once practiced it.

The interview concerned the problem was done in four different areas in Dar-es-salaam, first we visited Sali international hospital at Masaki and met Miss.Theresia Mushi and we interviewed her about how and what makes people to practice self prescription before consulting physician, secondly we visited Kairuki hospital in Mikocheni and interviewed Mr.Huruma, thirdly we interviewed different people in Namanga, Msasani on why do they decided to practice self prescription in their societies.

The aim was to address the following issues;

- The number of people practice self prescription
- Different types of medicines used by people
- Factors influence the practice of self prescription

Pie chart showing the amount of drugs used by respondents.

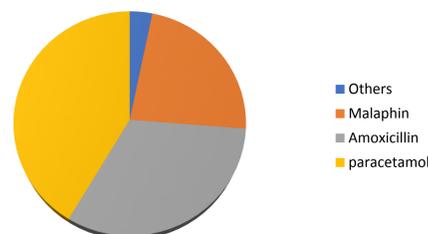


TABLE 2

#### SECTION B SELF PRESCRIPTION WITH ANTIBIOTICS

Use of antibiotics in the past of one month	Frequency
Yes	62
No	14
Source of supply of antibiotics	
Pharmacies	08
Petty traders	03
Home	05
Others	02
Condition which antibiotics were used	
Urinary tract infection(UTI)	19
Cough	35
Malaria	12
Others	10

> TABLE 3

#### SECTION C SELF PRESCRIPTION WITH ANALGESIC DRUGS

Use of analgesic drugs	Frequency
Yes	53
No	23
Condition in which analgesic drug was used	
Headache	15
Muscle pain	10
Cough	29
Fever	20
Others	03

SECTION A. SOCIODEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

Gender	Frequency
Female	44
Male	32
Age Year	
19 - 27	27
28 - 36	14
37 - 45	23
46 - 54	12
Career	
Business man	30
Others	46
Religion	
Christian	42
Muslim	31
Others	03



### Conclusion

About 76 respondents were obtained in the society. This response was achieved probably due to the fact that the problem of poverty disallow people in the society to afford medical check-up due to the shortage of income but also low awareness among respondents in the society by not knowing the side effect of self prescription.

### Limitation

Through our project society in general can be benefitted but also we faced different challenges shown by some of respondents about 30% of them were so restricted to give information as follows;-

- They refused to tell us their ages
- They hide to say the truth on what kind of medicine were commonly used after a certain symptoms
- They were not ready to be interviewed
- It was sometimes cost in terms of transport to interview respondents

### References

- <https://cse.google.com/cse?q=SELF+PRESCRIPTION&sa=Search&ie=UTF-8&cx=partner-pub-1780369399756513:4997575038#%9C>
- <https://cse.google.com/cse?q=effect+of+self+prescription&sa=Search&ie=UTF-8&cx=partner%2Dpub%2D1780369399756513%3A4997575038#%9C>

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