



Assessment of Self-medication Practices among Urban Sri Lankan Adults

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Introduction: Modern consumers (patients) want to have an active control of their own health and in fact self-medication can be considered as a practice which empowers the consumers

Objective: To assess the self-medication practices among urban Sri Lankan adults and their perception regarding self-medication.

Methods: A descriptive cross sectional study was done on Sri Lankan Urban adults, who are over 20 years of age using convenient sampling using an online data collection form based on a questionnaire.

Results: Among 227 participants, 55 % who use OTC drugs have completed education up to advanced level and beyond. 73.8 % respondents who use OTC drugs are employed. The most common drug which has been purchased OTC is painkillers (80.8 %). The most common condition why respondents use OTC drugs is to treat cough and cold (60.3 %). Majority of the respondents (68.6 %) use the previous prescriptions given by the doctor to obtain information about the OTC drugs.

Conclusion: It was revealed that the educational level and the status of employment affect the OTC drug consumption and the majority of respondents who use OTC drugs recognize that the OTC drugs are effective.

Key words: Self-medication, over-the-counter drugs