

Proceedings Paper

Self-Medication With Antibiotics: Practices and Related Factors Among the Pakistani Public

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Abstract: Since the last decade, self-medication with antibiotics (SMA) has become considerably common, which is a critical factor for driving antibiotic resistance. Individuals involved in SMA generally do not have adequate knowledge regarding the appropriate use, indications and dosage of these drugs. The objective of the present study was to investigate population SMA practices, knowledge, and sociodemographic factors associated with SMA in Islamabad, Pakistan. The study has adopted a cross-sectional methodology and data was collected from randomly selected participants through an interview-administered questionnaire. Statistical tests were performed using SPSS version 24. Out of 480 participants involved in the study, 55.6% were male, and the total prevalence of SMA was 32.5%. Ciprofloxacin (42.9%) was the most commonly used antibiotic to treat cough or cold, runny nose, flu or sore throat, diarrhea, or fever. Findings from multivariate logistic regressions showed that predictors of SMA were male gender (95% CI: 0.383-1.005), age (95% CI: 0.317-0.953) and highest education-level (95% CI: 0.961-0.649). Despite of reasonable access to healthcare facilities, people are still obtaining antibiotics without perception, bypassing diagnostic and consultative healthcare services. Thus, the government must implement strict health policies to restrict sales of antibiotic without prescription and at the same time, targeted public awareness campaigns about the proper use of antibiotics are also required.

Keywords: antibiotics; antimicrobial resistance; public knowledge; attitudes; self-medication; questionnaire; Pakistan