

COVID – 19 AND SELF-MEDICATION IN POLAND

MARTA MAKOWSKA, RAFAŁ BOGUSZEWSKI, MICHAŁ NOWAKOWSKI, MONIKA PODKOWIŃSKA,



PANDEMIC SITUATION IN POLAND

Coronavirus in Poland

- 4.03.2020 - first case
- 31.12.2020 – 1 294 766 cases
- 10.01.2020 – 1 385 763 cases



SELF -MEDICATION

„Self-medication has an important place in the health care system”

„Self-medication involves the use of medicinal products by the consumer to treat self-recognized disorders or symptoms, or the intermittent or continued use of a medication prescribed by a physician for chronic or recurring diseases or symptoms. In practise, it also includes use of the medication of family members, especially where the treatment of children or the elderly is involved”.



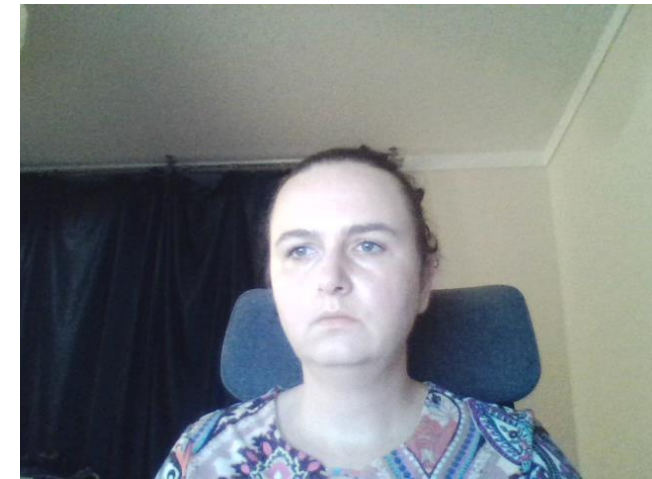
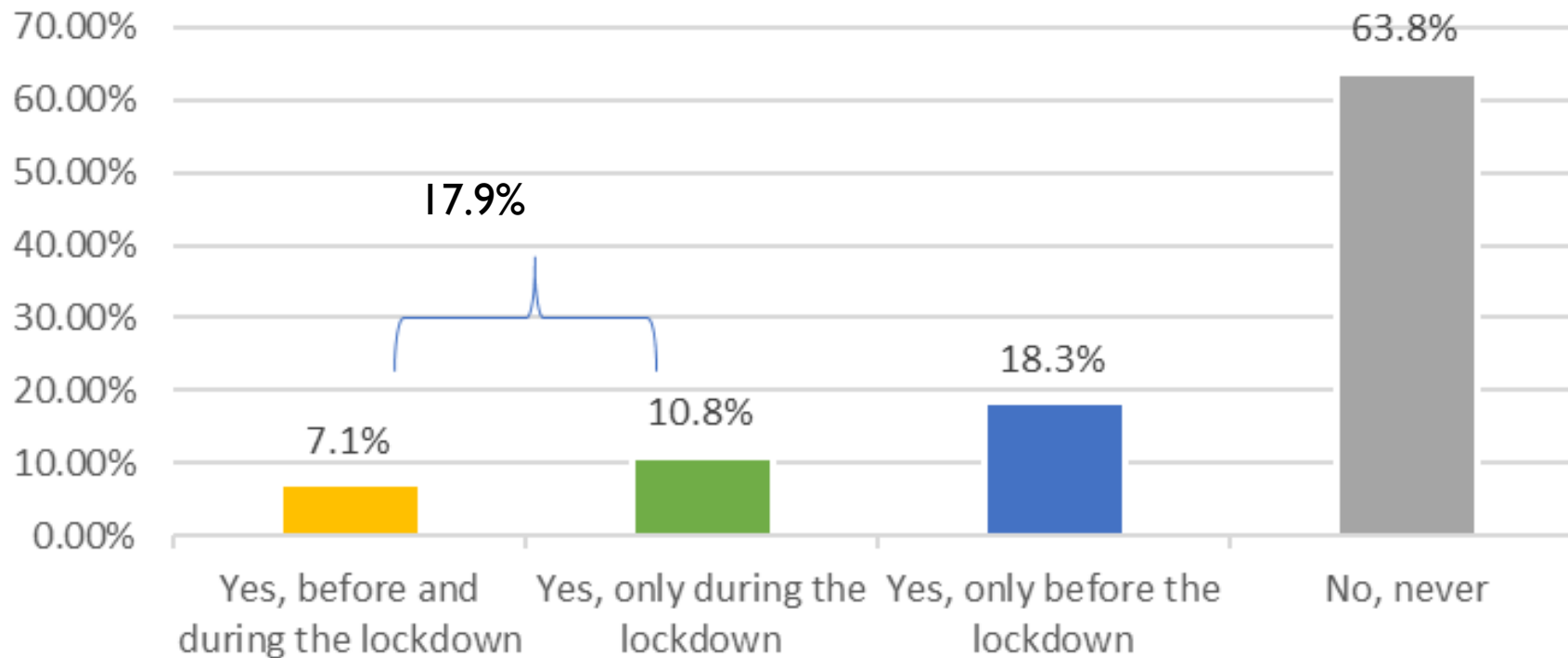
Guidelines for the Regulatory Assessment of Medicinal Products for use in Self-Medication,WHO 2020

RESEARCH METHODOLOGY

- Online survey (SW Research Panel) a quota sample of 1013 Poles
- Sample being representative of the adult population of Poles in terms of: age, gender, province, population size of place of residence, and education.
- Survey was conducted in mid-June 2020, after the fourth stage of defrosting the Polish economy (coming back to „new reality”) Respondents experiences during their three-month lockdown (from 11 March to 6 June) were researched.
- The main aim of the presented study was to examine whether the lockdown caused Poles to engage in more self-medication-related behaviors.

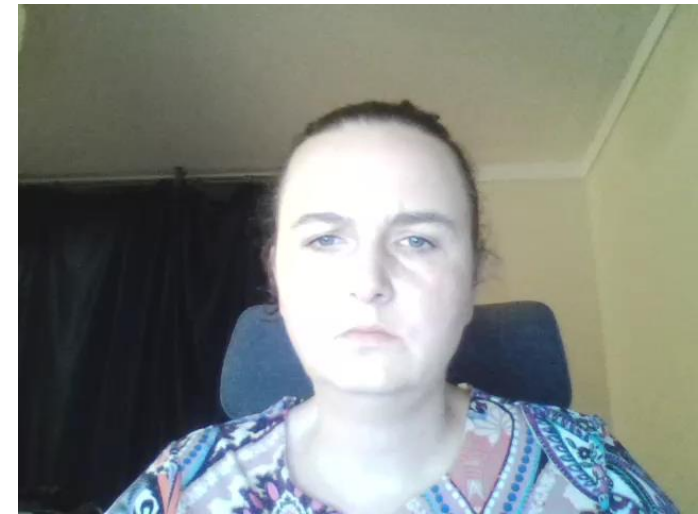
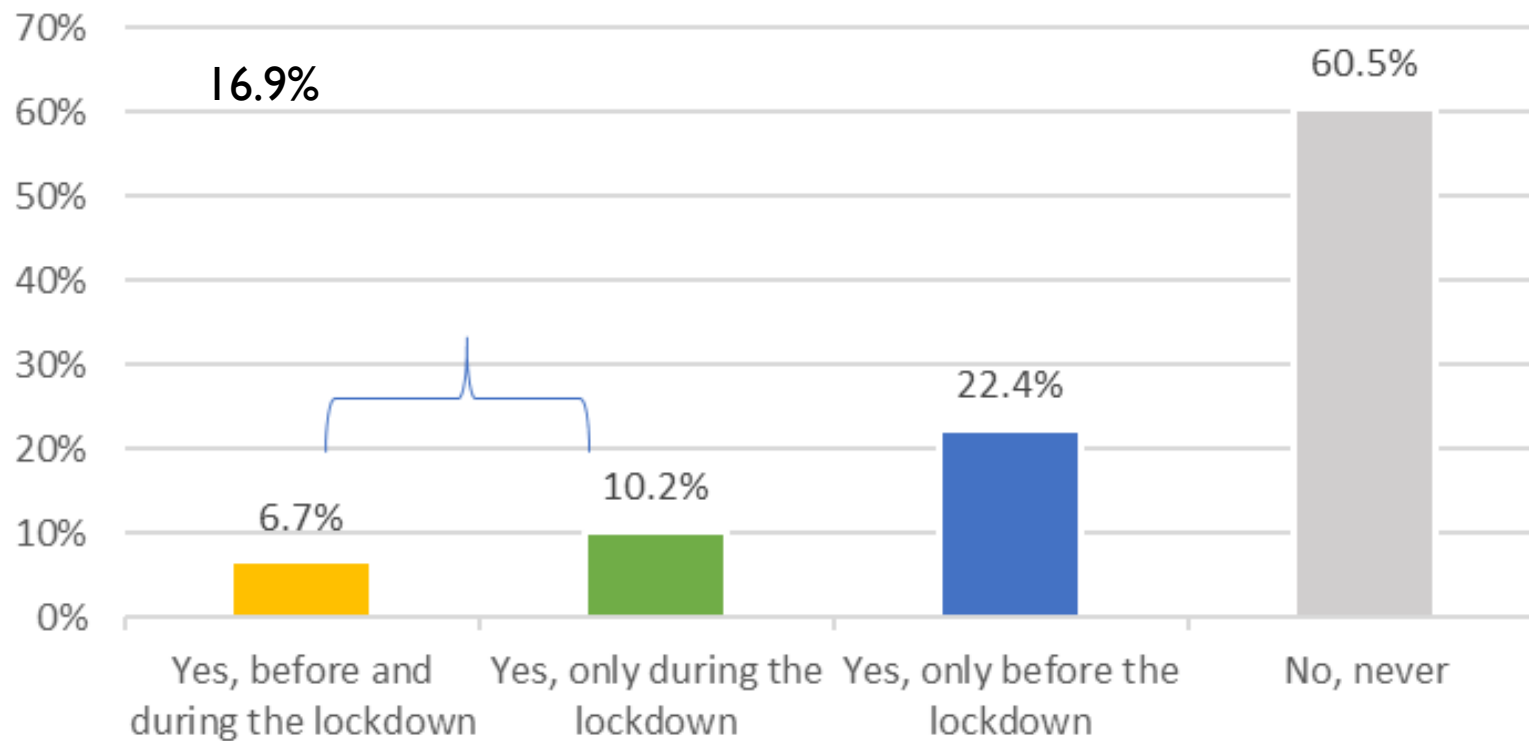
RESULTS

You have taken medication
for the enhancement of physical/cognitive
performance



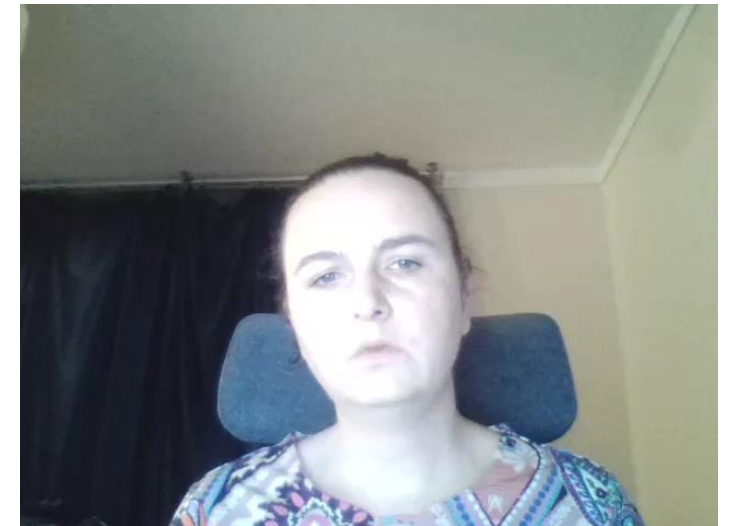
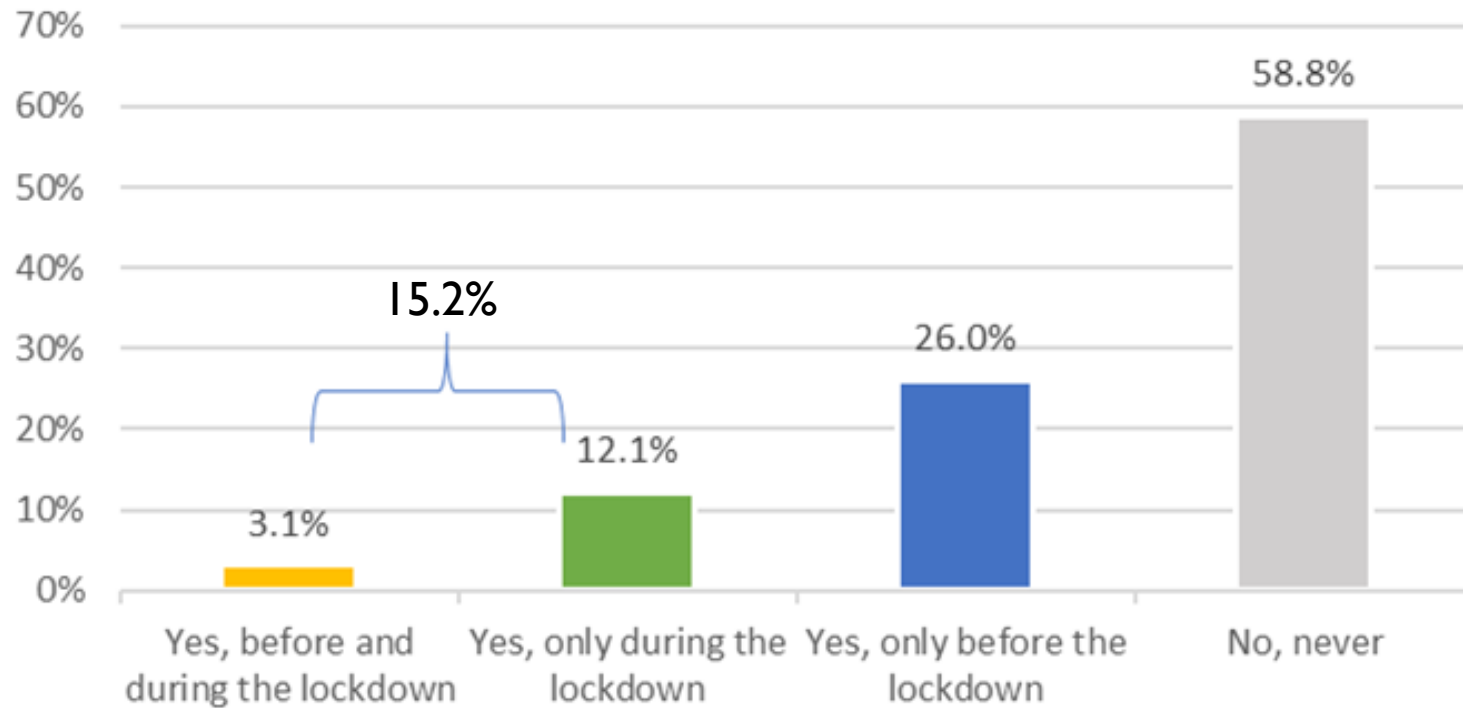
RESULTS

You have taken prescription medication without consulting a doctor



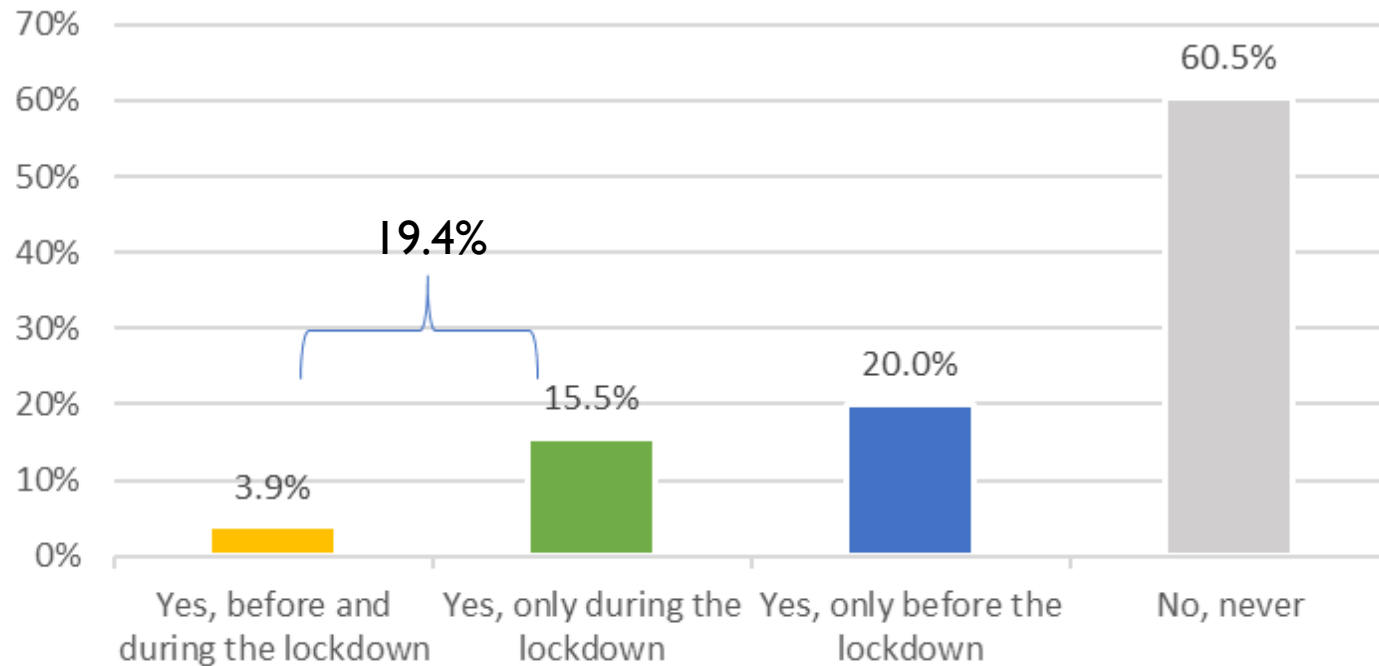
RESULTS

You have refrained from consulting a doctor despite having disturbing symptoms



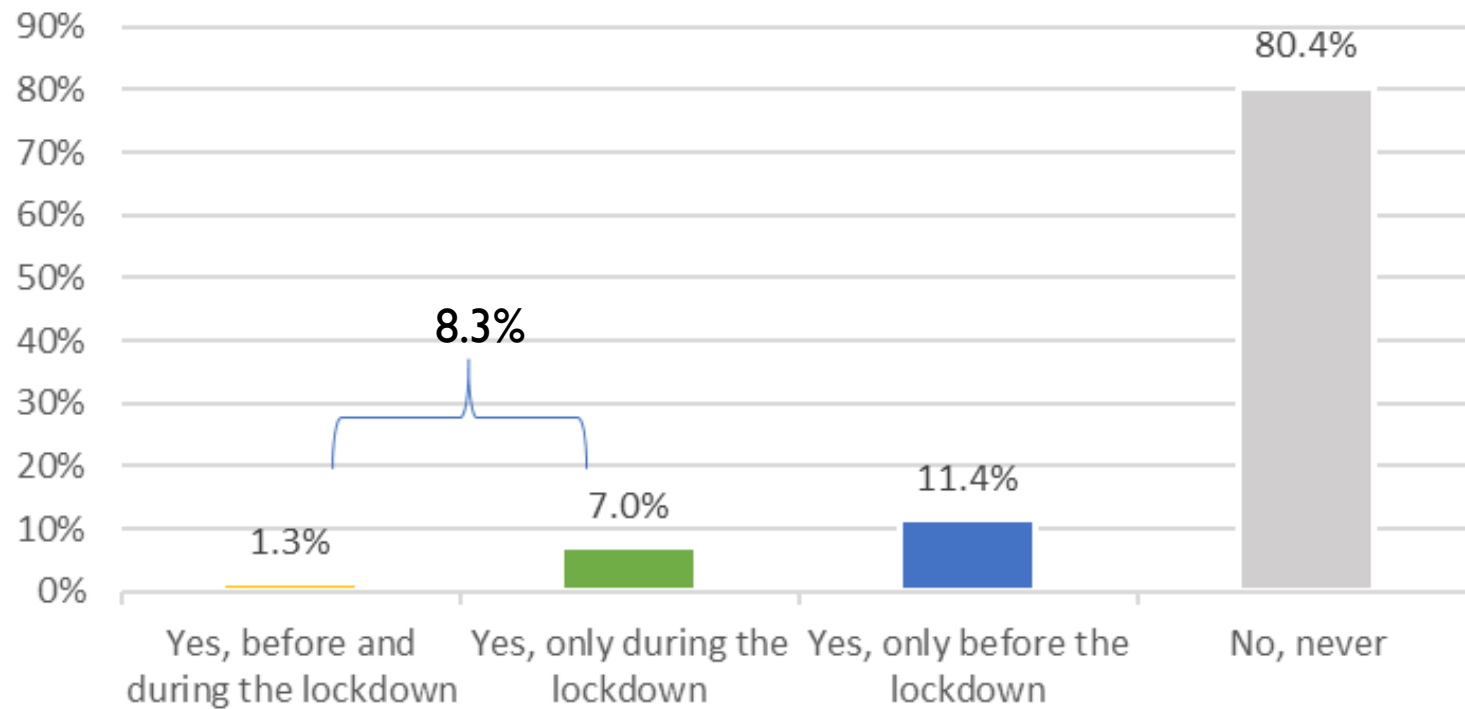
RESULTS

You have bought prescription medicaments just in case you might need them

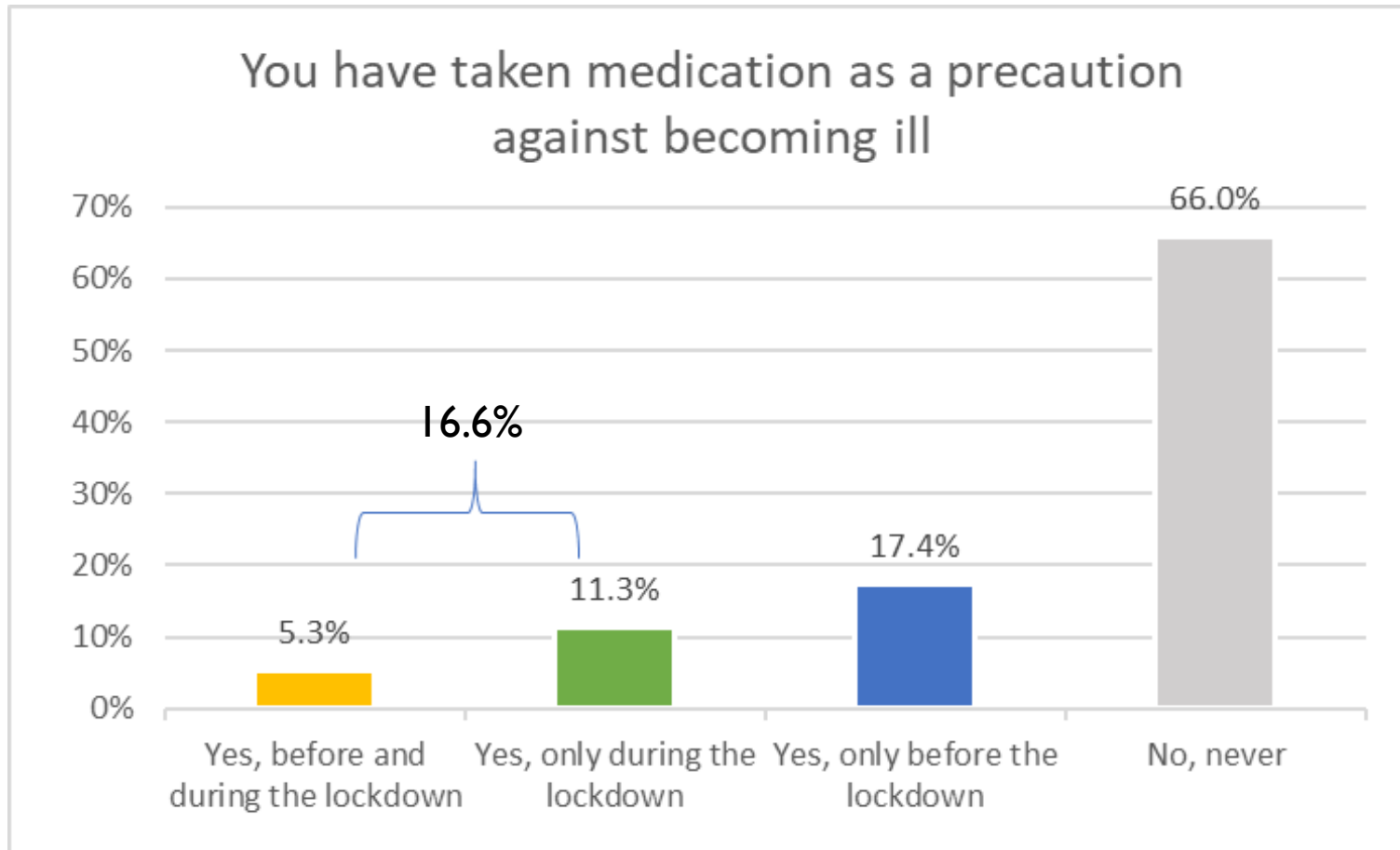


RESULTS

You have talked a doctor into prescribing a medicament

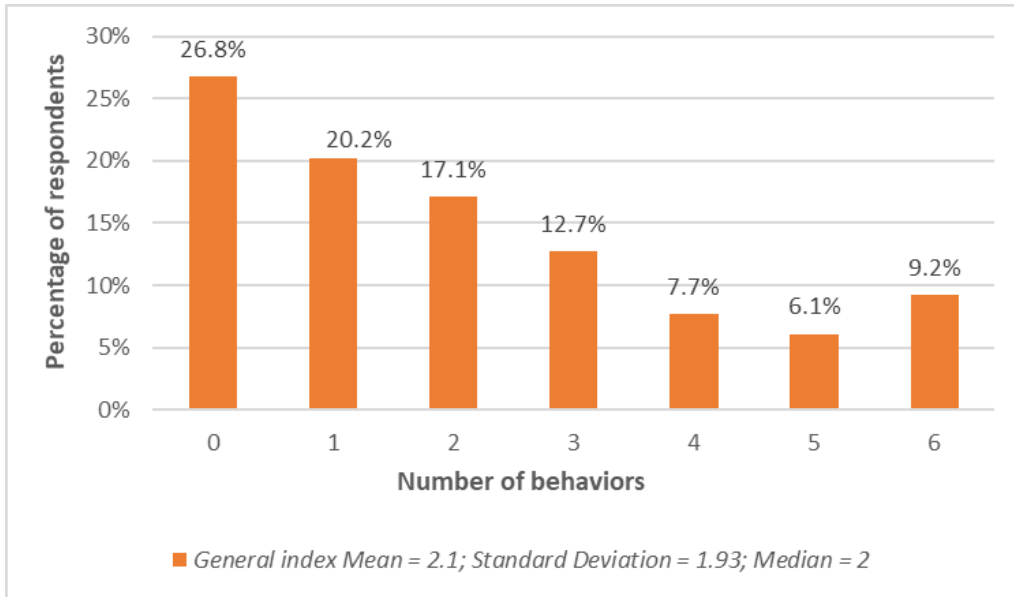


RESULTS

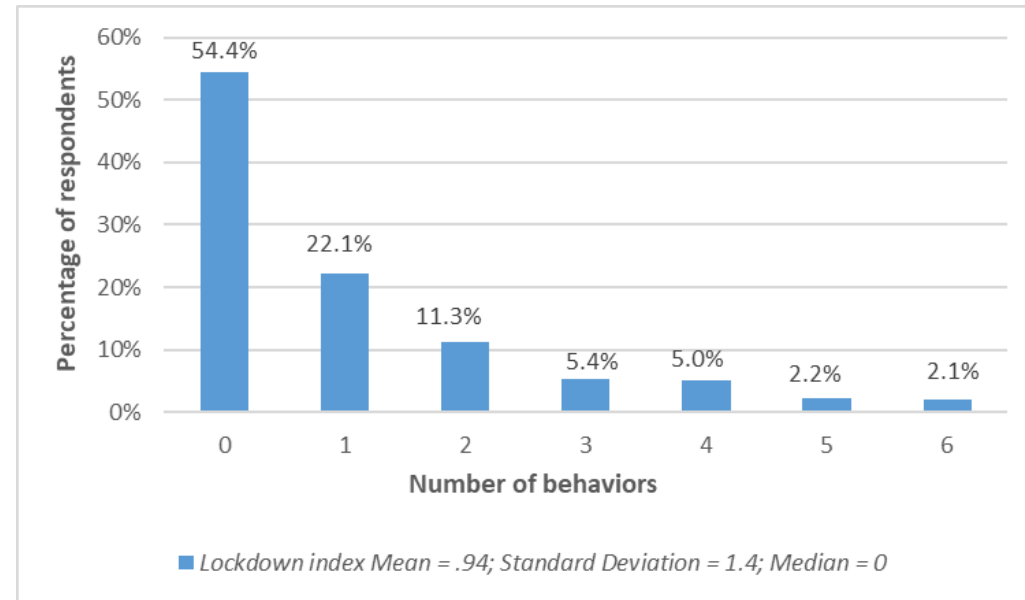


RESULTS

General Index



Lockdown Index

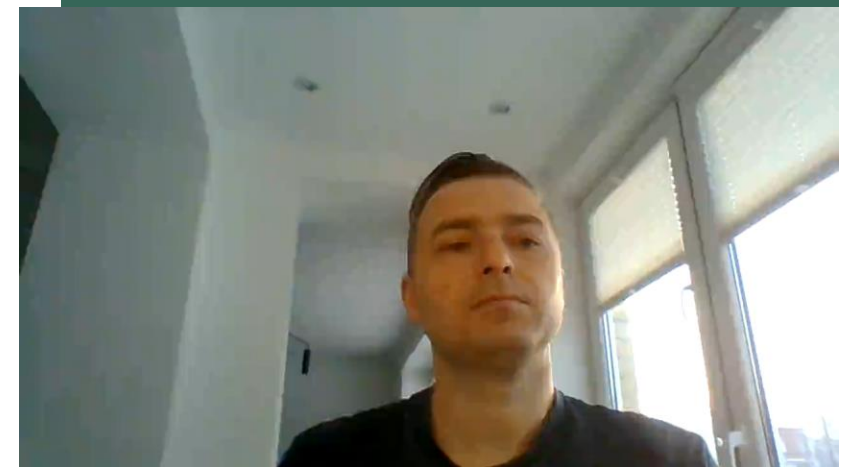


		<i>n</i>	<i>M</i>	<i>SD</i>	<i>t</i>	<i>p</i>	<i>d</i>
Fear							
I feel fear for my health	Yes ¹	580	1.08	1.49	5.40	<0.001	0.37
	No ²	286	0.61	1.01			
I feel fear for the health and lives of my loved ones	Yes	693	0.98	1.40	2.99	<0.01	0.24
	No	178	0.67	1.15			
I am afraid that I will be financially broken by the prolonged pandemic	Yes	560	1.05	1.50	4.27	<0.001	0.29
	No	260	0.67	1.05			
I am afraid of losing my job because of the situation	Yes	434	1.18	1.61	5.36	<0.001	0.38
	No	321	0.66	1.05			
Mental well-being							
The prolonged period of social isolation is negatively affecting my mental well-being	Yes	609	1.05	1.47	4.60	<0.001	0.33
	No	230	0.63	1.05			
Identifying the health hazard and avoiding it							
I follow information about the pandemic daily, and monitor incidence statistics	Yes	516	1.09	1.51	4.16	<0.001	0.27
	No	342	0.71	1.33			
I have avoided going inside pharmacies since the pandemic started	Yes	313	1.27	1.62	5.12	<0.001	0.38
	No	488	0.73	1.16			
I have acquired appropriate food supplies to allow myself to stay at home for a long period of time	Yes	417	1.17	1.57	4.63	<0.001	0.32
	No	421	0.72	1.17			
In the current situation, I would not offer my hand to greet anyone except members of my household	Yes	461	1.11	1.51	3.28	<0.001	0.28
	No	310	0.73	1.23			
I would get vaccinated if a coronavirus vaccine was already available	Yes	452	1.05	1.47	2.95	<0.01	0.21
	No	305	0.76	1.25			
I believe that defrosting of the economy and lifting restrictions has been done too quickly	Yes	404	1.11	1.51	3.11	<0.01	0.23
	No	345	0.80	1.23			
Behavior in the event of contracting the virus							
If I developed coronavirus symptoms, I would immediately contact the appropriate infectious disease hospital or sanitary department	Yes	772	0.83	1.29	-3.41	<0.01	0.46
	No	80	1.56	1.86			
I know exactly what to do if I observe coronavirus symptoms in myself or members of my household	Yes	696	0.85	1.31	-3.95	<0.001	0.45
	No	108	1.55	1.75			
Beliefs in controversial theories							
Rather than medical drugs, more natural methods, a proper diet, or alternative medications are the best way to fight the coronavirus	Yes	258	1.22	1.67	2.60	<0.05	0.22
	No	390	0.89	1.33			
Pharmaceutical companies are responsible for releasing the coronavirus	Yes	177	1.37	1.82	2.98	<0.01	0.27
	No	495	0.93	1.35			

¹ "Yes" constitutes responses of definitely yes and probably yes; ² "No" constitutes responses of probably not and definitely not. Data for people responding "Hard to say" were removed from analyses. *n*—number of respondents, *M*—mean, *SD*—standard deviation, *t*—*t*-test value, *p*—significance level, *d*—Cohen's *d*.

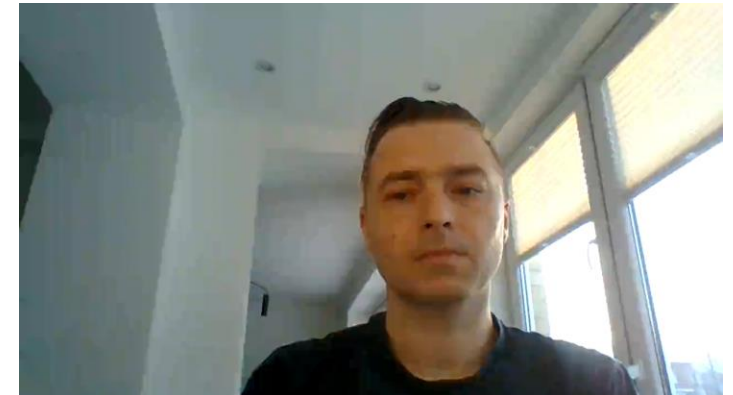
SOURCE: Makowska, M., Boguszewki, R., Nowakowski, M., & Podkowińska, M. (2020). Self-Medication-Related Behaviors and Poland's COVID-19 Lockdown. *International Journal of Environmental Research and Public Health*, 17(22), 8344.

RESULTS OF T-TESTS ON THE LOCKDOWN INDEX FOR GROUPS DIFFERING IN THEIR ACCEPTANCE OF VARIOUS INDIVIDUAL STATEMENTS.



LIMITATIONS

- The data were collected via online surveying of an Internet panel
- The lockdown period was short
- The lockdown period fell in the spring, when the number of infections (flu and others) is always decreasing
- The study did not collect information about categories of medication used for self-medication. Nor did it consider factors motivating self-medication.



INSTEAD CONCLUSION

WEEKLY NUMBER OF DEATHS IN POLAND (2011-2020)

Source: based on the data of the Polish Central Statistical Office (<https://stat.gov.pl/obszary-tematyczne/ludnosc/ludnosc/zgony-wedlug-tygodni,39,2.html>)

