

P1330

Paper Poster Session

News on outpatient antibiotic prescribing quality

Is self-medication the only problem regarding antibiotic use among Vilnius residents?

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Background: One of contributors to antibacterial resistance is self-medication with antibiotics. This study seeks to find out and compare the prevalence of self-medication with antibiotics between Vilnius residents, who were grouped according to their relation to medical care. Besides self-medication, the focus was also taken on several other factors, contributing to inappropriate antibiotic use, such as antibiotic storage at home and acquisition of prescriptions from a colleague or relative physician.

Material/methods: An observational, cross-sectional study was conducted. The convenience sampling method was chosen. The data were collected during the last three months of the year 2014.

The following research groups were formed: medical students (undergraduates at Vilnius University Faculty of Medicine), physicians, other medical personnel (both working in Vilnius University Hospital) and people, who are not directly related to medical care.

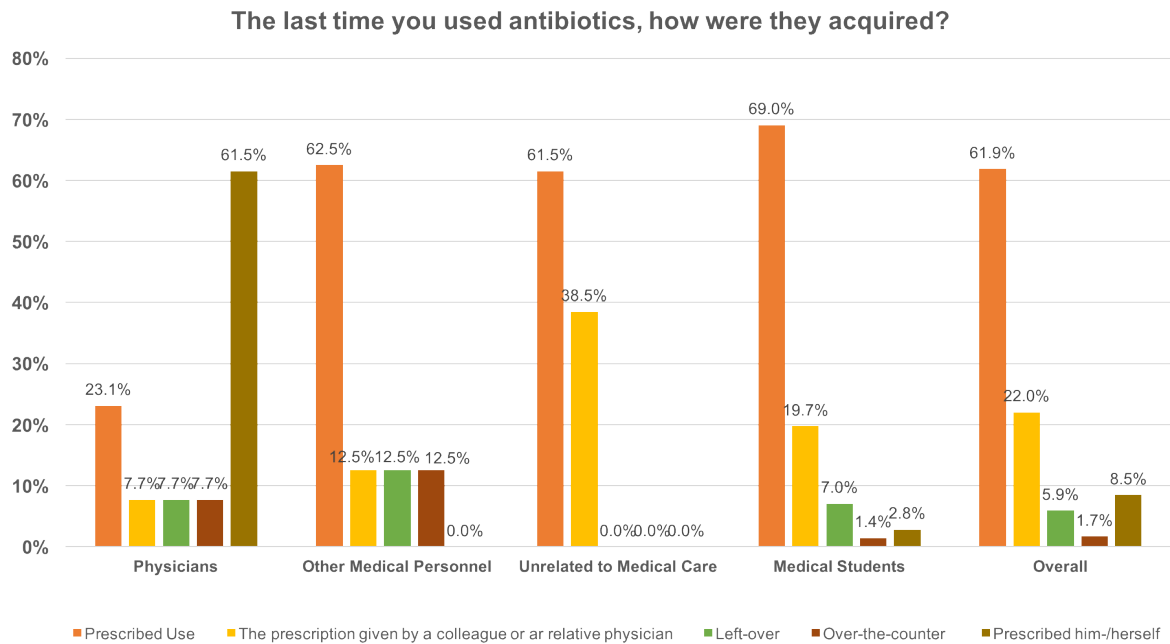
The respondents were given a specific questionnaire about antibacterial drugs usage. Besides some demographical data, they were asked questions about the recent use of antibiotics, how they were acquired and utilised, whether the respondent would use them without consulting a physician. The respondents also reported the requested information about antibiotic storage at home.

Results: 273 respondents fully completed the questionnaires and their data were used for analysis. The table below shows the data of the respondents and the self-medication rates.

Group	No. respondents	Intended self-medication (%)	Actual self-medication (%)	Overall a/b use during the past 12 months (No. respondents)
Physicians	24	n/a	n/a	13
Other medical personnel	27	59.3	7,4	8
Unrelated to medical care	42	47.6	0	26
Medical students	180	50.8	4.4	71
Total	273	51.2	4.0	118

The most common ways of antibiotic acquisition among the respondents, who had taken the

antibiotics during the past 12 months, is shown in the chart below:



The most common reasons of antibiotic use were acute tonsillitis, acute bronchitis and urinary tract infection.

Of all the respondents, 125 (45,3%) had antibiotics present at home. The most common were amoxicillin and amoxicillin with clavulanic acid.

Conclusions: While the intended self-medication is prevalent among all the groups, the highest prevalence of both actual and intended self-medication with antibiotics was observed among other medical personnel, thus indicating it as a potential risk group. However, the differences between groups were not very significant.

Prevalent antibiotic storage at home is another concerning factor that may be associated with leftover antibiotics and predispose self-medication.

Finally, one of the most noticeable problems is the prevalent acquisition of the prescription for antibacterials from the colleagues or familiar physicians, which is often being associated with irrational antibiotic use.

Encouraging the use of electronic prescription, improving the knowledge about rational use of antibiotics, dispensation of exact antibacterial tablet quantities in pharmacies should be considerable aspects, providing solution to these problems.