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Prevalence of self-medication in territory of Podgorica

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Introduction: Drug utilization studies provide useful information about actual habits of consumption of medicines and self-medication in some area. The aim of our study was to assess the prevalence of self-medication among residents of Podgorica, capital city of Montenegro.

Methods and Materials: The study was conducted in September 2010. Prospective study covered 100 families chosen at random in Podgorica. We used a standardized questionnaire and insight into the drug inventory in order to collect data.

Results: At 100 household we found 882 drugs which means that in every household we found in average nine box of drugs. Among this, we found that 52% were taken on their own initiative, without a doctor prescription and 47% reported use of only prescribed medications. The most frequent groups

used for self-medication were analgesics (ATC group N02) with 47% and drugs for acid related disorders (ATC group A02) with 32%. Among of all households, only 14% of them asked a pharmacist for adverse reactions of drugs.

Conclusion: Self-medication, or irrational use of medicines, represents a great problem on the territory of Podgorica, so there is the need to make additional educational and regulatory efforts which will provide more rational pharmacotherapy.

Biography

Dragana Dragas Sarkinovic was graduated at faculty of pharmacy in Podgorica and she was having experience as pharmacist at public pharmacy in the year 2012- 2022. In 2022 she became Manager of Public Pharmacy.

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