

INTRODUCTION

➤ Self-medication is defined as the utilization of drugs to treat self-diagnosed disorders or symptoms, or the irregular or continuous use of a prescribed drug for chronic or repeated diseases or symptoms.

➤ The main problem with self-medication with antimicrobials is the emergence of pathogenic resistance.

➤ Self-medication with antibiotics constitute a major form of irrational use of medicine and can cause significant adverse effects such as resistant microorganisms, treatment failures, drug toxicity, increase in treatment cost, prolonged hospitalization periods and increase in morbidity

➤ The practice of using antibiotics without a prescription and antibiotic resistance are related public health problems in developing Eastern European countries.

➤ The aim of the present study was to estimate the prevalence of purchase of antibiotics without prescription and evaluate the knowledge regarding antibiotics among Kosovo young adults.



OBJECTIVES

- Investigate the extent of purchasing antibiotics without prescription
- Determine the knowledge regarding antibiotics among Kosovo adults
- Assess the level of compliance with antibiotics and appropriate use
- Investigate the most common antibiotics used for self-medication
- Determine the major sources of antibiotic purchase

METHODS

➤ A questionnaire was developed with validated questions from previous studies to assess level or reported purchase and use of antibiotics without prescription. The questionnaire consisted of section on: (i) demographic characteristics, (ii) self-medication with antibiotics, (iii) respondent's knowledge on antibiotics. The questionnaire was translated into the Albanian Language and then translated back to English to control for possible errors.

➤ Surveys were self-administered through a web link and were distributed and advertised through social media.

➤ Six hundred and sixty three (n= 663) respondents from Kosovo accessed the online link, between June 2016 to July 2016.

➤ The study includes data from 425 respondents (253 women/ 172 men, 55.53% were between 25-45 years of age, 34.59% were between 18-25 years, 8.94% were between 45-60 years, and 0.94% were >60 years).

RESULTS

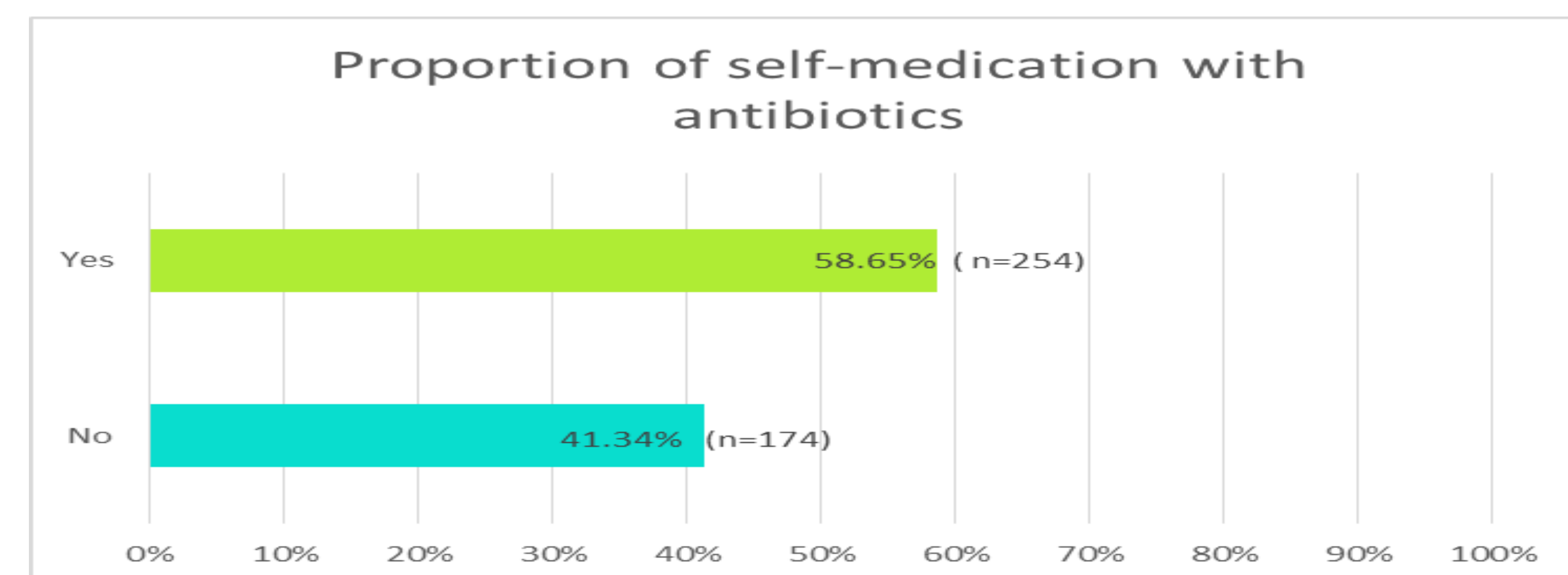


Figure 1: Percentage of people that used antibiotics without a prescription. Out of 425 participants, 249 (59%) answered that they have used antibiotic without prescription.

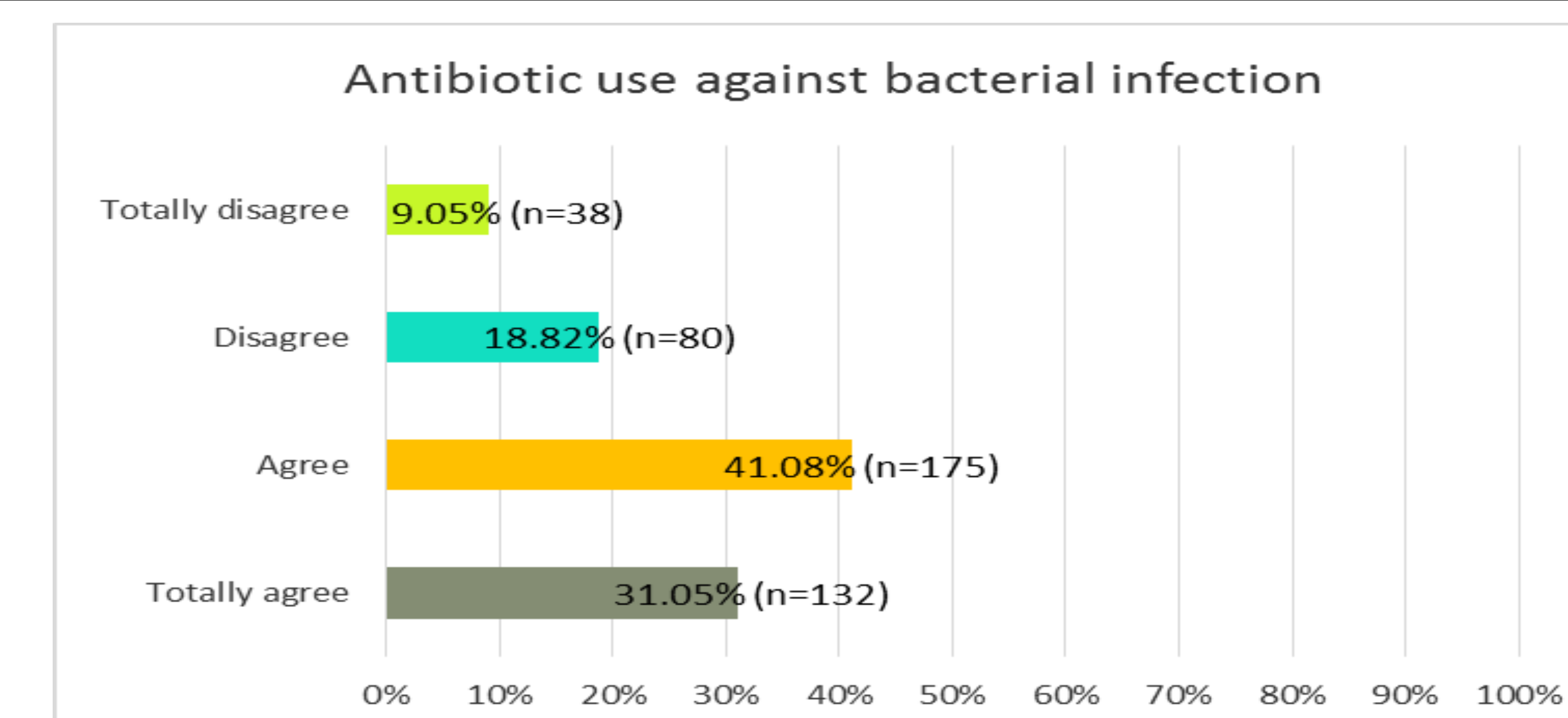


Figure 2: Knowledge regarding the use of antibiotics against bacterial infections. 9.05% of participants totally disagreed that antibiotics are useful against bacteria, 18.83% disagreed at some level; 41.08% agreed and 31.05% totally agreed.

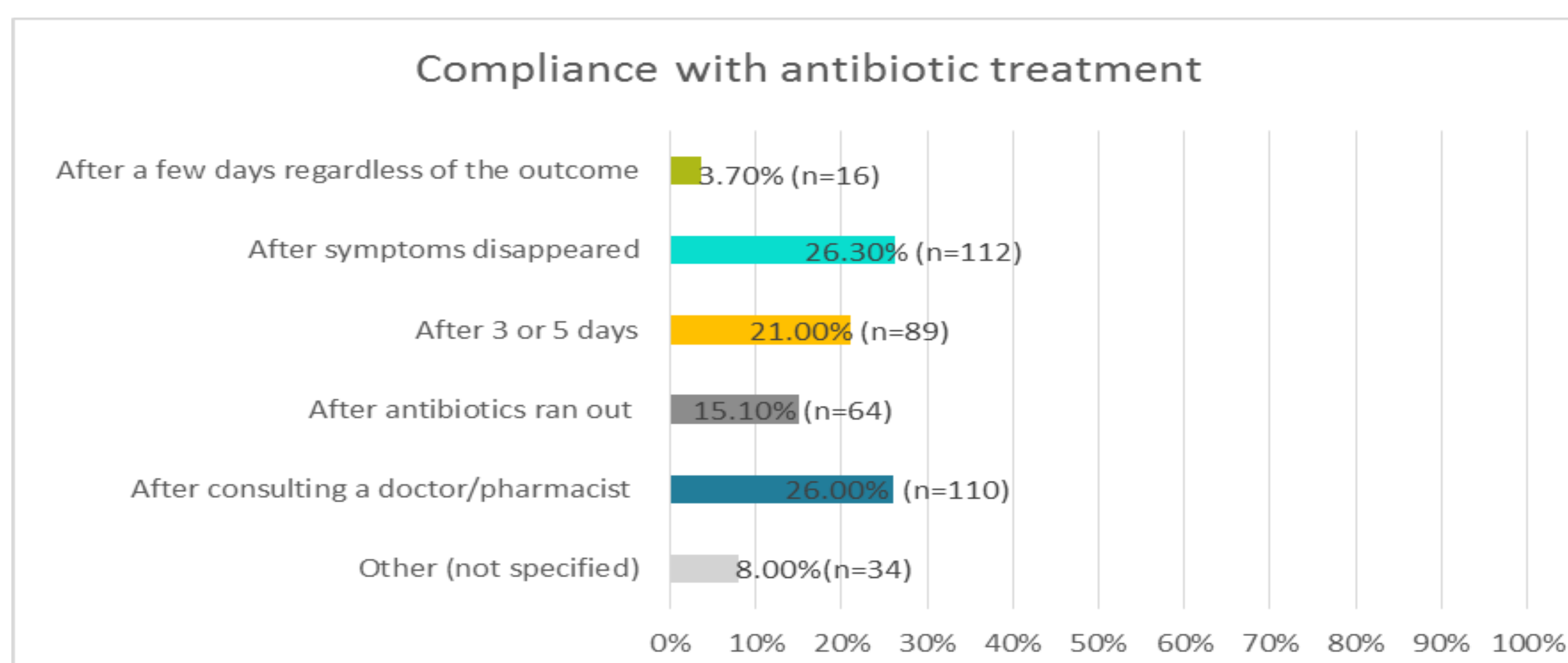


Figure 3: Compliance with antibiotic treatment. 3.65% of participants have ceased the treatment after couple of day, regardless of the health situation; 26.26% have ceased the treatment after the symptoms disappeared 21% of the participants have ceased the treatment after 3-5 days 15.07% have ceased the treatment after the antibiotic package was consumed 26.03% have ceased the treatment after consulting the physician/pharmacist 7.99 have ceased for different reasons that were not specified.



Antibiotic Resistance

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RESULTS

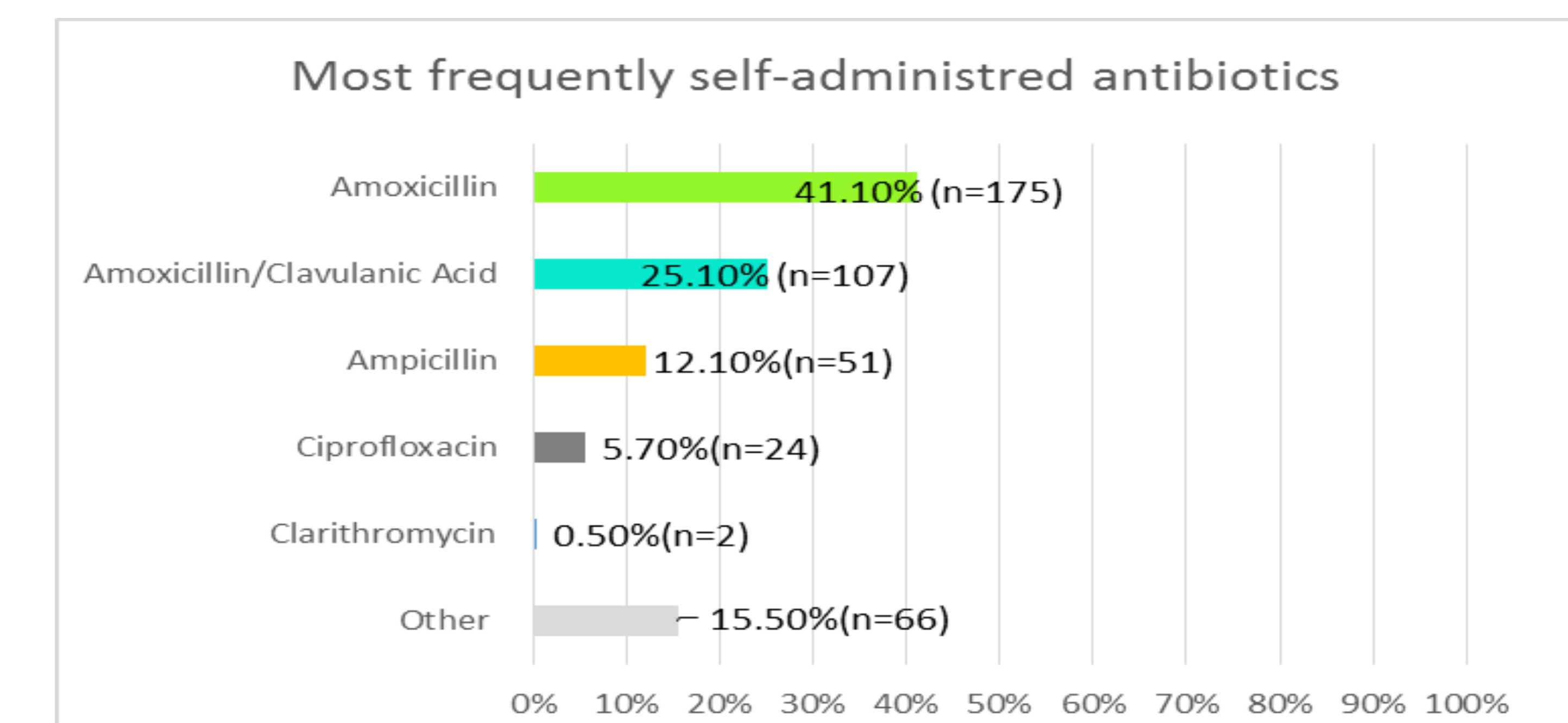


Figure 4: Most common Antibiotics used for self-medication Amoxicillin (41.78%), Amoxicillin/Clavulanic Acid (23.45%), Ampicillin (13.21%), and Ciprofloxacin (5.93%).

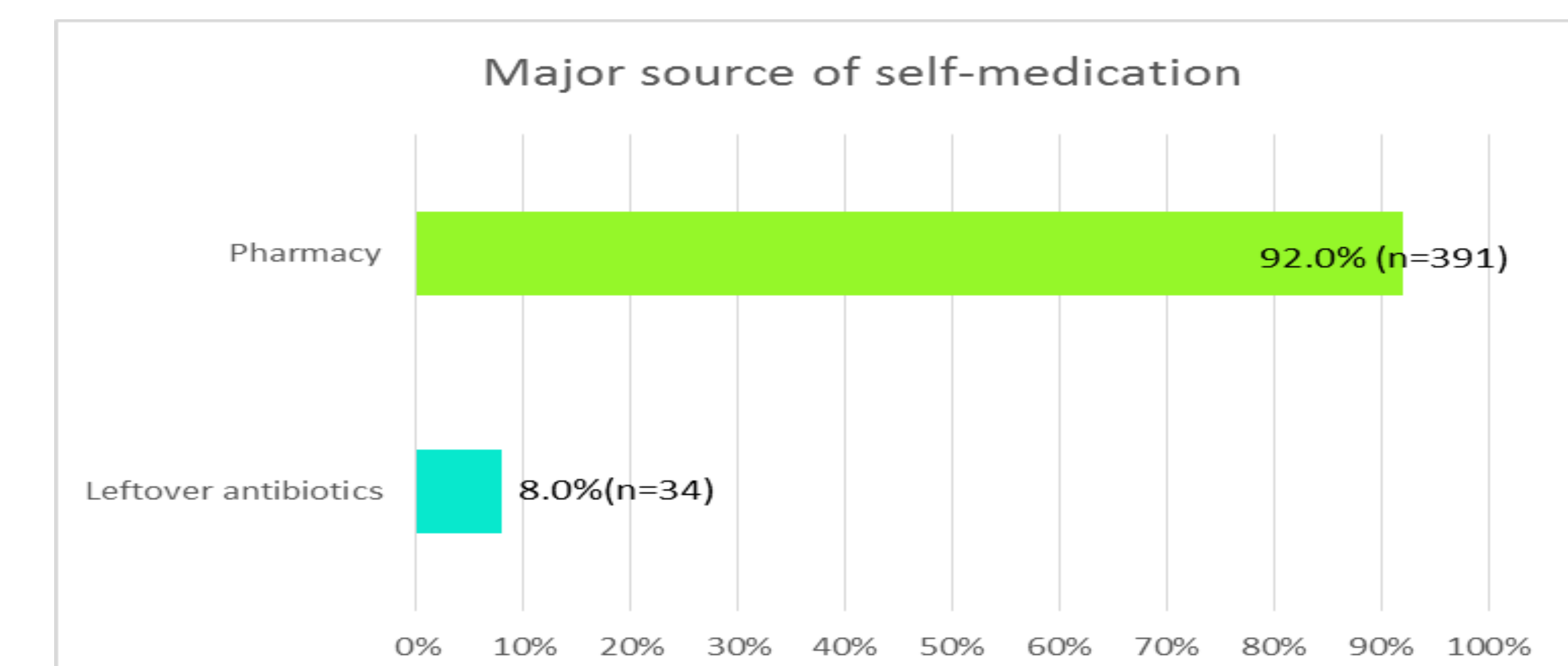


Figure 5: Major sources of antibiotic purchase 92.01% responded that the major source of purchase were the pharmacies 7.99% responded that the major source were the leftover antibiotics

Implications for Health Literacy

- In Kosovo, it appears that a high proportion of young adult population prefers to use antibiotics without medical prescription.
- A community-based, including schools, holistic approach must be implemented to increase the health literacy of Kosovans to: (1) increase knowledge regarding appropriate use of antibiotics; (2) increase knowledge regarding antibiotic misuse including resulting health problems; and (3) enforcing regulations regarding antibiotic sale, dispensing and advertising;

Acknowledgments

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References

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