

Generation of "self-medication": current challenges

Kashevich Lizaveta Andreevna

Belarusian State Medical University, Minsk

Tutor - Senior Researcher Sayanova Galina Ivanovna, Belarusian State Medical University, Minsk

Introduction

The problem of self-medication is relevant due to the increasing number of diseases that can not be cured with antibiotics because of the modified viruses. The need to find out how to change the situation and make people use professional help in severe cases of illnesses instead of using self-medication and decrease the cases of severe health conditions and death from uncontrolled consumption of medicaments makes it highly important to the society.

Aim of the study

To study the side effects of self-medication, to identify and analyse the reasons of the widespread consumption of self-medication drugs, to find ways to control and reduce the level of self-treatment between people.

Materials and methods

The latest statistics of the AESGP (Association of the European Self-Medication Industry) and Internet sites concerning self-medication in Belarus and Russia have been studied. The questionnaires were distributed among the medical students of BSMU and the patients of dental clinic "All dent" located in Minsk.

Results

The research shows that incorrect diagnosis, infrequent but severe adverse reactions, incorrect dosage and choice of therapy are the major risks of self-medication. The significant role of knowledge especially in pharmacology and clinical medical subjects plays a critical role in the choice of self-treatment over professional medical help. On the contrast, a significant correlation between gender, age, profession, marital status and salary was not observed.

Conclusion

Even though self-medication has always been a part of people's everyday life, it is highly important to verify where it is necessary to use professional medical help instead of uncontrolled usage of unnecessary drugs which may cause unpredictable results. Self-medication may include a variety of medical herbs as well as their extracts and physical exercises that contribute to the maintenance of the human immune system.