

X. STRESZCZENIE W JĘZYKU ANGIELSKIM

THE PHENOMENON OF SELF-MEDICATION AND ASSESSMENT OF DEMAND FOR HEALTH EDUCATION AND HEALTH ATTITUDES OF PATIENTS AND NURSES

In Poland, self-medication developed mainly in the 1990s, when socio-political changes took place, a free market was created and many new pharmaceutical products appeared. The term "self-medication" is, however, ambiguous, defined by the categories contained in English in the formulations: self-medication and self-care. The non-prescription drug market accounts for 26% of the pharmaceutical market value and is the relatively most valuable in Europe.

The main aim of the study was to assess the scale of self-medication in the aspect of the need for health education and health attitudes of patients and nurses. The specific objectives included determining whether: respondents follow the doctor's instructions, what they usually do when they feel ill, feel pain, have some ailments, how often they reach for non-prescription drugs, or using a non-prescription medicine for the first time with someone they consult, in which situations they apply self-medication, what methods of self-medication they use, what are their preferences when buying over-the-counter preparations, what drugs they have used in self-medication during the last month and last year, what are their sources of knowledge about preparations available without prescriptions, what is their need for education in the field of safe use of over-the-counter preparations and checking whether the above influenced: age, sex, education, place of residence, life satisfaction, type of health-related behaviors and generalized expectations in three dimensions of health control location (internal, incl in others, case), were the differences between the group of patients and nurses, and in the case of patients, additionally checking whether the above is affected by the degree of acceptance of the disease, and in the case - whether they want to educate patients about the safe use of non-alcoholic preparations. Research hypotheses have also been put forward: the phenomenon of self-medication to a lesser extent relates to the studied population of nurses than to patients. In both groups the impact on the percentage of people using over-the-counter preparations is influenced by life satisfaction, preferred health behaviors and the location of health control, and in patients the acceptance of the disease. Knowledge about the correct use of over-the-counter medications is higher in nurses than in patients. Patients are interested in

deepening their knowledge of the use of medicines and over-the-counter products. Nurses are positively perceived by patients as educators in the safe use of over-the-counter preparations. Nurses are ready to work as educators in the safe use of over-the-counter preparations.

The R-I- 022/216/2011 permissions from Bioethics Committee of the Medical University of Białystok, the Hospital Directorate in Wysokie Mazowieckie and the Rector of the National Academy of Information Technology, and Entrepreneurship in Łomża were obtained for conducting the research.

The main research was conducted in a group of randomly selected 300 nurses (group I) working in the hospital in Wysokie Mazowieckie or studying at the State School of Information Technology and Entrepreneurship in Łomża and 300 patients (group II) hospitalized at the Hospital in Wysokie Mazowieckie.

In the first stage, a diagnostic survey was conducted using a proprietary questionnaire for nurses and patients as well as standardized questionnaires - in both groups of the standardized Satisfaction with Life (SWLS) Scale of Diener, Emmons. Larsen, Griffin, in Polish Juczyński, version for other professionals, non-psychologists, Inventory of Health Behaviors (IZZ) according to Juczyński, Multidimensional Location of Health Control (MHLC) -K. A. Wallston, B. S. Wallston, R. DeVellis, in the Polish adaptation of Juczyński - version A, and in the second group, the Standardized Scale of Acceptance of AIS Disease in the Polish adaptation of Juczyński.

In the second stage, an educational standard for nurses was developed on the safe use of non-alcoholic drugs, as recommended by the European Quality Assistance Network.

In response to the main goal, the detailed seven hypotheses were created and the following conclusions were drawn from those:

1. In the last half-year, over-the-counter drugs were more often used by nurses than patients, but the gender and age, education or place of residence did not affect the above in both groups.
2. In the group of nurses, the frequency of using non-prescription drugs was influenced by life satisfaction, preferred health behaviors and the location of health control, and in the group of patients only from the internal dimension of the location of health control controls.
3. The knowledge about over-the-counter drugs did not depend significantly on the membership in one of the analyzed groups, gender, age, education or place of residence

4. Most patients showed a desire to expand their knowledge of the safe use of medicines and over-the-counter products
5. As nurse educator, other nurses were seen more often more often, whereas patients would more often entrust this function to educators.
6. Both nurses and patients considered the pharmacist the most appropriate person in the field of education regarding the safe use of over-the-counter drugs.
7. Only a small percentage of nurses surveyed expressed their readiness to conduct education of patients in the field of safe use of non-prescription drugs and postulate.

Due to the fact that patients often used over-the-counter medications (e.g. by increasing their dose, using it longer than indicated, often using it as a habit, although it was not necessary and reported their desire to increase their knowledge of OTC drugs) it is advisable to prepare nurses to conduct education in the above field.