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Attitude and practice of Saudi population toward self-medication with over the counter (OTC) ophthalmic preparations

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OTC ophthalmic preparations available to Saudi populations and several issues were raised in the safety of prolonged usage. We aimed to identify Saudi populations' attitude, practice towards self-medicated with OTC ophthalmic preparations. Cross-sectional survey-based study using modified Kadri R's questionnaire targeting all Saudi populations (aged above 15). Only who had used OTC ophthalmic preparations were included. Of total 511 respondents, 83.6% of them were females, 19% and 34.1% of the respondents having history of dryness of the eye and myopia respectively. Almost half of them are familiar with OTC preparation and 66.1% believe that they are not safe to use. More than one third of the respondents agree that the antibiotic, anti-histamine and decongestant eye drops are consider as OTC. However, only 21.9% think the lubricant eye drops are not under OTC categories. 40.1% of them have self-medicated with an OTC and 48.7% don't know the name of the OTC. The lubricants were on the top of the used OTC (38%) followed by antibiotics (8%). 39.2% got the description from the pharmacist and 5.4% got help from social media. 40.6% were using the OTC, because they have used it before and 26.2% used it because of its easy accessibility. Almost all of the respondents said that their condition got improved after usage of OTC. In conclusion, Saudi population has good awareness regarding the OTC ophthalmic preparation. However, their practice showed that they have poor practice and dealing with OTC ophthalmic preparation.

Biography

Amjaad al Harbi is a Medical student at Qassim University, KSA. She is interested in ophthalmology, volunteering work, community oriented and medical research. She is the Member of different teams which aim to help the medical students and community. She has participated in many courses: ECG, Adult Cardiology Course, Summer Research Course and Elective Course in Cardiology. She has attended many conferences either as attendee or presenter.

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