Undesirable and toxic effects of the hypnotic drugs used by the students of the medical faculty Annaba, Algeria

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Introduction & Objective: The lack of published data about sleep and hypnotic medication and the extent of this health phenomenon led us to carry out this work which was aimed to assess the hypnotic consumption frequency among students of Annaba Medical Faculty and its impact on their health.

Material & Methods: A retrospective descriptive study and randomized concerning 225 students of the Annaba Medical Faculty have been realized during the period from December 2014 to May 2015.

Results & Discussion: A very high hypnotic consumption frequency especially by students of medicine 47% was noted. Benzodiazepines and Anti-histamines medication were used by half of the cases with frequencies of 51% and 52% followed by the benzodiazepine-analogues by 15% of students. The tolerance study showed that 100% of students were intolerant consumers, Benzodiazepines, anti-histamines and benzodiazepine-analogues have common undesirable effects; thus, muscle weakness 45%, headache 48%, 31% memory problems, diurnal somnolence 29% and palpitations 24% represented the predominant undesirable effects. Despite the advantage ported in the literature for benzodiazepine-analogues, they have presented in our study higher frequencies in memory troubles (44%) and headache (55%) than those seen with benzodiazepines and anti-histamines. Finally, a degradation of sleep quality after stopping hypnotic consumption was noted.

Conclusion: The frequency and the nature of undesirable effects developed showed the interest of a strict vigilance on the use of all chemical classes of hypnotics.

Biography
Wafa Soudani received Doctorate on pharmacy from Annaba medical college-Algeria. She has continued study in Algiers medical college- Algeria where she was diplomated at the age 27 years and she become a teacher master assisting in chemical chemistry in Annaba Medical college-Algeria at the age 29 years. After that, she has presented many of papers in a lot of international congress (France, Turkey, and Tunisia) as communications and she have published 4 papers in Journal Annals of Clinical Biology, Journal of Clinical Chemistry Laboratory Medicine and Turkish Journal of Agriculture and Natural Science.

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