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Assessment of people's knowledge about the use of analgesics in the city of Baghdad

Entsar Khaleel Sameen ^{1*}, Shaymaa Hadi Najm ², Shatha Mahmood Niazy ³, Enass Razzaq Hamza ⁴

¹⁻⁴ Department of Community Health, Medical-Technical Institute, Baghdad Middle Technical, University, Iraq

* Corresponding Author: **Entsar Khaleel Sameen**

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Abstract

Background: Analgesics are among the most important medications that all patients resort to to relieve pain. There are several types of analgesics, including non-opioid analgesics, including paracetamol, and non-steroidal analgesics, including naproxen, ibuprofen, and diclofenac. There are also mixed analgesics.

Objective: To assessment of the general public's knowledge about the types of painkillers and how to use them correctly, and to know the risks of using painkillers excessively without a prescription.

Method: A descriptive cross-sectional study was conducted to assess people's knowledge and practices about the methods of using analgesics. This study was conducted in the city of Baghdad using a questionnaire form designated for this purpose. The study lasted for four months from 1/1/2024 to 4/4/2024.

Result: This study was conducted in Baghdad city to assess people's knowledge about the ways they use painkillers and the availability of painkillers without a prescription. Most of the study participants were in the age group of (24-29) and were employees.

Conclusions: People's knowledge about painkillers was healthy, as some people answered that painkillers can be used to relieve pain and reduce body temperature. The most commonly used painkillers were paracetamol, followed by ibuprofen. They had knowledge about the risks of using painkillers, as the majority of the sample answered that using painkillers can cause liver and kidney problems.

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Introduction

Analgesics are considered one of the main drugs used in the field of medicine ^[1], as they help relieve pain and also help improve the patient's quality of life ^[2, 3]. As pain is one of the most common symptoms that patients suffer from. Analgesics can be used to treat pain and chronic diseases, and analgesics can also be used after surgical operations in the field of primary health care ^[4, 5]. As analgesics help relieve pain and help restore comfort and the patient's ability to perform daily activities. Analgesics are classified into two main groups based on their methods of action and pain relief ^[6, 7]. The first group includes non-opioid analgesics such as paracetamol, and the second group includes non-steroidal anti-inflammatory drugs ^[7, 8] These are generally used to treat mild or moderate pain. There is also the analgesic Astamfen, which is an effective analgesic that helps get rid of fever without affecting inflammation ^[8, 9, 10]. There are also anti-inflammatory drugs such as ibuprofen and naproxen, which work to relieve pain and inflammation, making them a popular choice in treating arthritis and muscle pain. As for the third group, it includes ^[11, 12, 13, 14].

Methodology: This study was conducted in Baghdad city and lasted for four months. Data were collected through a questionnaire consisting of several parts, including demographic information and information about people's knowledge about the methods of using painkillers and the dangers of using painkillers. The questionnaire was distributed to a group of people. The sample size was 200 participants who were visiting health centers in Baghdad city. The results were analyzed using the

statistical package Spss.

program, version 11.

Data analysis: The results were analyzed using the spss

Table 1: Distribution of student sample according to different socio –demographic

Variables		Frequency	%
Age	15-19	15	7.5
	20-24	16	8
	25-29	70	35
	30-34	40	20
	35-39	30	15
	40-44	20	10
	45-49	5	2.5
Occupation	50-55	4	2
	does not work	67	33.5
	employee	117	58.5
Sex	Winner	16	8
	male	86	43
	female	114	47

Table 1: Show the distribution of student sample according to different socio –demographic

Regarding age, most of the participants were between (25-29). Years old, representing (35%). As for profession, most of the participants were employees, representing (58.5 %) and most of the participants were female, representing (47%).

Table 2: People’s knowledge about the types of painkillers

Coldin	Frequency	%
	27	13.5
Morphine	29	13
Naproxen	42	21
Paracetamol	69	34.5
Anti-inflammatory gases	15	7.5
Ibuprofen	13	6.5
Avon painkillers	5	2.5

Table 2: show the People’s knowledge about the types of painkillers regarding people’s knowledge about the types of painkillers, the most common type of painkiller known to them was paracetamol, which accounted for (34%), followed by Naproxen, which accounted for (42%).

Table 3: Information people have about how painkillers work

Painkillers prevent pain signals from reaching the brain	Frequency	%
	49	24.5
Painkillers work in other ways	58	29
Analgesics reduce inflammation	72	36
Analgesics reduce body temperature	21	10.5

Table 3: show the Information people have about how painkillers work Regarding the method of action of painkillers, the majority of the sample answered that painkillers work to reduce pain, and their percentage was (36%).

Table 4: Knowledge of people about the correct ways to use pain relievers

Reducing body temperature	Frequency		%
	yes	120	60
No	80	40	
Tearing menstrual pain	yes	68	34
	No	132	66
It is used for treating joints	yes	93	46.5
	No	107	53.5

Table 4: Show the Knowledge of people about the correct ways to use pain relievers

The majority of the sample answered correctly, saying that painkillers are used to reduce body temperature, and their percentage was (60%). About half of the sample answered incorrectly, saying that painkillers are used to treat joints, and their percentage was (93%).

Table 5: People's knowledge about the risks associated with the misuse of painkillers?

Liver problems	Frequency	%
Yes	67	33.5
No	133	66.5
Kidney problems		
Yes	111	55.5
No	89	44.5
Digestive system problems		
yes	86	43
No	114	57

Table 5: Show the People's knowledge about the risks associated with the misuse of painkillers The majority of the sample answered that painkillers lead to kidney damage, and their percentage was (55.5%). (67%) answered that painkillers cause liver problems.

Table 6: People's practices around the use of painkillers

Do you use painkillers regularly?	Frequency	%
Yes	142	71
No	58	29

Table 6: Show the People's practices around the use of painkillers

The majority of the sample responded that they used painkillers regularly, and their percentage was 71%.

Table 7: The types of pain relievers do people use?

Variables	Frequency	%
Paracetamol	69	34.5
Morphine	34	17
Codeine	33	16.5
Naproxen	50	25
Ibuprofen	14	7

Table 7: show the types of pain relievers do people use The majority of the sample studied answered that they used paracetamol to relieve pain, and their percentage was 34.5%. 14% used ibuprofen.

Discussion

The demographic characteristics of the studied sample in terms of age were between (25-29) years old, at a rate of (35%). As for the profession, most of the participants were employees, at a rate of (58.5%), and most of the participants were females, at a rate of (47%). This percentage was consistent with a study conducted in Iran ^[1] 2016. Regarding people's knowledge of the types of painkillers, the study found that the most commonly used type of painkiller is paracetamol (34%), followed by naproxen (42%). This study is consistent with the study conducted in Saudi Arabia in 2019 ^[2]. Regarding how painkillers work, the majority of the sample responded that painkillers reduce pain, and their percentage was (36%). This study is consistent with the study conducted by Mannat K Bhatia, *et.al* in 2017. The majority of the sample answered correctly, indicating that painkillers are used to reduce body temperature, and their percentage was (60%), and about half of the sample answered incorrectly, indicating that painkillers are used to treat joints, and their percentage was (93%). This study is consistent with the study conducted in Turkey in 2000 ^[3]. Regarding people's knowledge of the risks associated with the misuse of painkillers, the majority of the sample answered that painkillers lead to kidney damage, and their percentage was (55.5%) (67%) answered that painkillers cause liver problems. This study is similar to the results of the study conducted in Italy in 2015 ^[5].

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