

Factors that influence the practice of self-medication in adolescents

Fatores que influenciam a prática da automedicação em adolescentes

Factores que influyen con la práctica de automedicación en adolescentes

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ABSTRACT

Introduction: Self-medication is the choice of some drug decides the person so that it can preserve health, prevent and treat the disease, this is given by the variety of drugs that exist worldwide and that are over-the-counter, causing complications or risks for the person who acquires them. **Objective:** To identify the main factors that influence the practice of self-medication in adolescents. **Methods:** Method: Quantitative approach, with descriptive scope and cross-sectional design, an instrument composed of 10 questions that addressed three dimensions was used, the reliability of the instrument yielded a Cronbach's Alpha Coefficient with a value of 0.99. A simple random sampling was used for the survey aimed at students of the Technical University of Ambato in the leveling area. **Results:** The factors associated with self-medication are the lack of time to go to the doctor and the recommendation by pharmacies; the most consumed drugs are analgesics/anti-inflammatory drugs and antibiotics. **Conclusions:** Self-medication has become an inadequate practice where easy access for the acquisition of drugs causes the problem to be exacerbated; people are not aware of the damage they can generate in their health in the short, medium, and long term.

Keywords: self-medication, risks, adolescents, drugs, factors.

RESUMO

Introdução: A automedicação é a escolha de qualquer medicamento que uma pessoa decide tomar para preservar a saúde, prevenir e tratar doenças, isso se deve à variedade de medicamentos existentes em todo o mundo e que são de venda livre, causando complicações ou riscos para a pessoa que os adquire. **Objetivo:** Identificar os principais fatores que influenciam a prática da automedicação em adolescentes. **Métodos:** Abordagem quantitativa, com escopo descritivo e delineamento transversal, foi utilizado um instrumento composto por 10 questões que abordavam três dimensões, a confiabilidade do instrumento produziu um Coeficiente Alfa de Cronbach cujo valor foi de 0,99, para a pesquisa dirigida aos alunos da área de nivelamento da Universidade Técnica de Ambato foi utilizada amostragem aleatória simples. **Resultados:** Os fatores associados à automedicação são a falta de tempo para ir ao médico e as recomendações das farmácias; os medicamentos mais comumente consumidos são analgésicos/anti-inflamatórios e antibióticos. **Conclusões:** A automedicação se tornou uma prática inadequada, em que o fácil acesso a medicamentos faz com que o problema seja exacerbado; as pessoas não têm consciência dos danos que podem causar à saúde a curto, médio e longo prazo.

Palavras-chave: automedicação, riscos, adolescentes, drogas, fatores.

RESUMEN

Introducción: La automedicación es la elección del algún fármaco que decide la persona para que puedan preservar la salud, prevenir y tratar la enfermedad, esto se da por la variedad de medicamentos que existen a nivel mundial y que son de venta libre, provocando complicaciones o riesgos para la persona que los adquiere. **Objetivo:** Identificar los principales factores que influyen con la práctica de automedicación en adolescentes. **Métodos:** Enfoque cuantitativo, con alcance descriptivo y diseño transversal, se empleó un instrumento que constó de 10 preguntas que abordaron tres dimensiones, la fiabilidad del instrumento arrojó un Coeficiente Alfa de Cronbach cuyo valor fue del 0.99, para la encuesta dirigida a los estudiantes de la Universidad Técnica de Ambato de área de nivelación se empleó un muestreo aleatorio simple. **Resultados:** Los factores asociados a la automedicación es la falta de tiempo para acudir al médico y la recomendación por parte de las farmacias, los medicamentos más consumidos son los analgésicos/antiinflamatorios y antibióticos. **Conclusiones:** La automedicación se ha convertido en una práctica inadecuada donde el fácil acceso para la adquisición de medicamentos provoca que el problema se exacerbe; las personas no son conscientes del daño que pueden generar en su salud a corto, mediano y largo plazo.

Palabras clave: automedicación, riesgos, adolescentes, fármaco, factores.

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INTRODUCTION

According to the World Health Organization (WHO), self-medication is defined as the choice and use of drugs by individuals to preserve health, prevent and treat diseases or symptoms that are detected by themselves (Castro et al. 2022). For Rojas et al. (2022), this is a global condition problem that derives from the existence of a wide variety of over-the-counter drugs, without the need for a medical prescription. It is considered that the factors that lead to self-medication vary according to age, gender, educational level, economic level, culture, and medical knowledge

In the opinion of Oviedo et al. (2020), the social problem related to self-medication is a situation that can cause complications or risks to the individual's health. The causes are diverse, the most frequent being: inadequate administration, the adverse effects that a non-prescribed medication can generate, the dosage and time of consumption of the drug. Within this context, Alcázar-Pichucho (2018) notes that there are other harmful effects such as resistance to certain compounds, and the concealment of diseases.

This phenomenon is associated with a form of self-care, which can generate a radical and positive impact at the level of health systems, since it is possible to reduce expenses due to a lower demand for medical care due to problems such as pain, however, it can also have an adverse reaction, since it can hide and aggravate the disease process, or inappropriate diagnosis and treatment, drug interactions, and the high possibility of adverse drug reactions (Alba et al, 2020).

On the other hand, authors such as Aveiga et al. (2021) emphasize that self-medication has become a frequent habit due to the demand for the symptoms of a disease, it is estimated that there is a large percentage of the population that does not attend medical consultations, and who prefer to take medications on their own, which which has unwanted side effects. From the perspective of Morales-Ysuhuaylas and Peralta-Ugarte (2019), who indicate that the phenomenon of self-medication is a multifactorial problem, with strong elements of a social and cultural nature, which has generated a positive impact on the reduction of expenses within the health system, however, for these authors, in-depth studies in South America are lacking.

Ramírez-Sarango et al. (2020) within their study, in general, mention that in Latin America it has been identified that 62.6% of the population self-medicate, with 59.5% being the predominant female gender. With this, the 3 cities with the highest percentage of self-medication are: Pedro Juan Caballero (Paraguay), Tunja (Colombia), and Quito (Ecuador) with 89.0%, 87.7% and 86.4% respectively. An interesting fact at the gender level presented by Rojas Salazar et al. (2022) since its exploration in the youth population in the city of Juárez - Mexico, it is constituted by the fact that, at the female gender level, there is a prevalence close to 65% that adolescent-young women are the ones who have a greater tendency to self-medication.

The publication by Oviedo et al. (2021) indicates that South American countries such as Ecuador: Peru, Argentina, Colombia and Mexico, are environments in which the high rate of self-medication use in youth sectors has been reflected and evidenced, including those related to substance dependence, since countries such as Colombia, drug addiction goes hand in hand with self-medication, due to the adverse and withdrawal effects generated by the frequent use and abuse of psychotropic substances.

From another perspective, authors such as Mora-Gómez & Pérez-Acosta (2018) refer to criteria regarding self-medication in adolescent populations, as a practice related to self-care, self-esteem, but also linked to personality elements, such as high levels of neurosis, anxiety, stress, depression, lack of exercise, overweight, hereditary diseases, work stress, comorbidity, that is, the existence of two or more diseases in parallel.

Regarding the preference for self-medication in the adolescent population, it constantly occurs due to different aspects such as; the limitation to medical assistance, influence by the media, recommendations by individuals close or distant, elements that lead to greater risks of complications in the state of health, academic and occupational. It should be considered that voluntary and uninformed self-medication is a risky practice, since certain drugs are associated with renal, cardiovascular and gastrointestinal problems (Berroute et al. 2017).

The social and economic factors of the family structure are highlighted by Molina-Aguilar (2021), who states that the way in which a disease is faced, treatment, health in general, and self-care, are learned at home, being the behaviors and conceptions about self-medication that the adolescent maintains, a circumstantial projection of the formative cultural processes of their environment. In the opinion of Zeballos-Escobar (2022), the cultural level constitutes a determinant when analyzing the causes of self-care, since studies have shown that ignorance about the damage that certain drugs can cause is one of the reasons that lead to its repetitive use. Real-Aparicio et al. (2020) relates the economic factors of family structures and the use of drugs, with the poorest strata being those who resort to self-medication, due to limited access to specialized health services

Within this referential and contextual framework, the objective of this research proposal focuses on to identify the

main factors that influence the practice of self-medication in adolescents.

METHODS

Methodological Procedure

The methodology used for the analysis of the study includes a quantitative approach, with a descriptive scope and a cross-sectional non-experimental design (Pérez, Pérez, & Seca, 2020). A survey was carried out on leveling students of the Nursing Career of the Technical University of Ambato (UTA), about the factors that influence the practice of self-medication in adolescents.

Population and sample

The study population is 218 students, who are in leveling of the Nursing Career at UTA. The sample of students estimated using the Sierra Bravo formula (5% margin of error, 95% reliability, and 50% probability of occurrence and non-occurrence) was 140 students (Valera, López de Uralde, & Plaza, 2022).

Sampling Techniques

The sample is probabilistic selected through the application of simple random sampling, for which the Participants meet the inclusion and exclusion criteria.

Inclusion criteria

- ✓ Leveling students of the Nursing Career.
- ✓ Students who agree to participate in the study and sign the informed consent.

Exclusion criteria

- ✓ Leveling students of the different careers of the Faculty of Health Sciences.
- ✓ Students who do not agree to participate in the study.

Instrument

The collection of information was carried out through the application of a survey called "Factors that influence the practice of self-medication in adolescents". The questionnaire created with the researcher was reviewed and validated by three professors from the Nursing Career at UTA. It consists of 10 questions, which were grouped into three dimensions for the respective analysis: the first refers to sociodemographic data, the second to cultural risk factors, and the third that refers to social or motivational factors.

The questions had response options according to the Likert-type scale related to frequency: Always, Almost always, Sometimes, Never

The instrument has a Cronbach's alpha of 0.99, which shows that it has excellent reliability.

Data analysis technique

Data analysis was performed using the statistical program SPSS (Statistical Package for Social Sciences), the which allowed the analysis to be carried out easily and quickly, and to prevent errors (Pérez, Pérez, & Seca, 2020).

Ethical aspects

This research complied with the ethical aspects mentioned in the Declaration of Helsinki, that is, the rights of the participating students and teachers were respected at all times. Compliance with the biotic principles of beneficence, autonomy, non-maleficence and justice was also sought. In addition, informed consent was applied to each participant, in order to obtain their authorization for voluntary participation in the study (Miranda & Villasís, 2019).

RESULTS

Sociodemographic data

The sample of this study consisted of a total of 140 people, a greater predominance was evidenced in the female gender (82%) over the male (18%), with reference to age the highest proportion of people was found between 18 and 20 years (86%), followed by 14% with an age range between 20 and 23 years, in terms of the values obtained in the sociodemographic data of the participants for this study. (Table 1).

Table 1. Sociodemographic data.

AGE		
Item	Frequency	Percentage
18	18	13
19	73	52
20	34	24
21	8	6
22	2	1
23	4	3
Total	140	100
SEX		
Item	Frequency	Percentage
Masculino	26	18
Femenino	114	81
Total	140	100

Source: Own elaboration.

Family Income

Of the 140 people surveyed in relation to family income, 69 people mentioned that the income is 200 - 500 with a percentage of 49%, followed by 40 people with income >100 with a percentage of 28% of the population, while 31 People report that their income is >500, with a percentage of 22% thanks to these values we can see that most of the people surveyed have a basic income.

Table 2. Family income

Item	Frequency	Percentage
>100	40	29
>500	31	22
200 - 500	69	49
Total	140	100

Source: Own elaboration.

Cultural Risk Factors

Risks and dangers of self-medication

According to the question about knowing about the risks and dangers that self-medication can cause, 52 people answered that sometimes with a percentage of 37%, followed by 51 people who answered almost always with a percentage of 36%, with a Always answer 31 people giving a percentage of 22%, finally 6 people with a never answer with a percentage of 4%, these results show that most of the respondents sometimes answer knowing about the risks and dangers that can produce self-medication

Table 3. Risks and dangers of self-medication

Item	Frequency	Percentage
Sometimes	52	37
Almost always	51	36
Always	31	22
Never	6	4
Total	140	100

Source: Own elaboration.

Drug Leaflet

According to the question about reading the medication leaflet, 71 people sometimes read the medication dosage (51%), continuing with 53 people who almost always read the medication dosage (38%), followed by 15 people who always read the medication medication dosage 11%) and only 1 person ever read the medication dosage (1%), these results reveal that most of the population sometimes read the medication dosage at the time of purchase.

Table 4. Drug Leaflet

Item	Frequency	Percentage
Sometimes	71	51
Almost always	53	38
Always	15	11
Never	1	1
Total	140	100

Source: Own elaboration.

Adverse drug reactions

According to the question in which you refer to whether I find out or know about the adverse drug relationships, 67 people sometimes know about the drug's adverse effect (48%), almost always know about the drug's adverse effects, 49 people (35%), always know the adverse effect of the drug with 13 people (9%), followed by 11 people who do not know the adverse effects of the drug (8%), it is concluded that the majority of the population sometimes knows the adverse effects of the drugs. Medicines.

Table 5. Adverse drug reactions

Item	Frequency	Percentage
Sometimes	67	48
Almost always	49	35
Always	13	9
Never	11	8
Total	140	100

Source: Own elaboration.

Contraindications of the drug

In relation to the question about whether you find out or know the contraindications of the medication, the item corresponding sometimes with 82 people, corresponding to 59%, the item that relates almost always to 43 people (31%), only 8 people always know the contraindications of the drug (6%) and 7 people indicate that they do not know the contraindications of the drug (5%), where it is concluded that the majority of the population sometimes know the contraindications of the drugs compared to those who are unaware of the contraindications at the time of acquiring and consuming the drug.

Table 6. Contraindications of the drug

Item	Frequency	Percentage
A veces	82	59
Casi siempre	43	31
Siempre	8	6
Nunca	7	5
Total	140	100

Source: Own elaboration.

Social or Motivational Factors

Factors that influence the practice of self-medication

In relation to the factors that influence the practice of self-medication, 57 report that they self-medicate due to the lack of time to go to the doctor (40%), continuing with 14 people who mention that they usually have knowledge about the medication (10%), 13 people execute it because they lack the financial means for medical consultation and the same number of people due to the poor quality of care in a health facility (9%), followed by 10 people who self-medicate due to difficult access to medical consultation (7%), due to publicity in the media, 7 people carry out this practice (5%), followed by 5 people who choose to repurchase the medicine from old prescriptions that worked for them at the time they had said pathology (4%), followed with a significantly lower percentage, 4 people report that they do not self-medicate (3%), finally 17 people select all the mentioned options (12%), it can be concluded that the main factor for self-medication is the lack of time to go to the doctor.

Table 7. Factors that influence the practice of self-medication

Item	Frequency	Percentage
Lacks financial means for medical consultation	13	9
Difficult access to medical consultation	10	7
Lack of time to go to a doctor	57	40
old medical prescription	5	4
Poor quality of care in a health facility	13	9
None	4	3
Media Advertising	7	5
Have knowledge of medications	14	10
All of the above	17	12
Total	140	100

Source: Own elaboration.

Drug recommendation when self-medicating

According to the question, 60 people allude to their medication because it is recommended at the pharmacy or drugstore (43%), consecutively 35 people are recommended by their relatives (25%), followed by 26 people who do it for 4 people (3%) on their own account (18%), due to the dissemination of the media, 3 people (2%) practice it on the recommendation of friends, 6 people who report that no one influences their self-medication, as well as 6 people who carry out this practice because several people influence, with these results adolescents prefer to go to the pharmacy for a drug that mitigates their ailments due to easy access to them.

Table 8. Drug recommendation when self-medicating

Item	Frequency	Percentage
Friendships	3	2
In pharmacies	60	43
Relatives	35	25
Media	4	3
None	6	4
On their own	26	18
All of the above	6	4
Total	140	100

Source: Own elaboration.

Medication that self-medicates more frequently

In relation to the question, it is obtained that 78 people acquire anti-inflammatory analgesics (55%), 26 people acquire antibiotics (18%), 18 people acquire vitamins (13%), 3 people acquire contraceptives and anxiolytic tranquilizers (2%), 4 people they acquire all the aforementioned medicines (3%), finally 8 people do not acquire any medicine (6%), the values reflect that adolescents self-medicate in a higher percentage with anti-inflammatory analgesics.

Table 9. Medication that self-medicates more frequently

Item	Frequency	Percentage
Analgesics/ Anti-inflammatories	78	55
Antibiotics	26	18
Contraceptives	3	2
None	8	6
All of the above	4	3
Tranquilizers/ Anxiolytics	3	2
Vitamins	18	13
Total	140	100

Source: Own elaboration.

Symptoms for which you consume medicines without a prescription.

In relation to the question, 32 people do it because they have a headache (23%), 29 people do it because they have the flu (21%), consecutively from 21 people who have a fever (15%), followed by 12 people because they have pain abdominal pain (2%), it is revealed that 2 people do it due to a cough (1%), 41 people who present all the items mentioned (29%), 3 people who mention not having presented any of these symptoms (2%), the values denote that adolescents self-medicate due to headaches, abdominal pain, fever, flu and cough.

Table 10. Symptoms for which you consume medicines without a prescription

Item	Frequency	Percentage
Abdominal pain	12	9
Headache	32	23
Fever	21	15
Flu	29	21
None	3	2
All of the above	41	29
Cough	2	1
Total	140	100

Source: Own elaboration.

DISCUSSION

Self-medication has currently become a health problem that has not been able to be contained despite the efforts made by the Ministry of Public Health in terms of prevention and the adverse effects that this practice produces, (Rojas, et al. 2022), this arises as a consequence of the free sale of medicines in pharmacies, which provides free access, self-medication leads to another health problem that is drug resistance, since by constantly self-medicating it loses the effect on the patient versus when administering it for reasons that are necessary as determined by a health professional in which he calculated the dose and the time to be used, such is the case of antibiotics, which are drugs that when used frequently cause bacteria to resist, likewise they can trigger another type of Consequences such as dependence, causing diseases due to the continuous use of them, hypertensive crises, myopathies, hypoglycemia, excessive bleeding, etc. (Mora, et al. 2018).

Lack of knowledge is one of the most prevalent factors, since not being informed about what continuous self-medication can entail becomes a common practice (Mora, et al. 2018). According to the results, the level of self-medication in adolescents is high regardless of the predisposing factor, making it a common practice, where the highest percentage resides in female adolescents (82%), comprising the age group between 18 and 20 years (86%).

Self-medication entails a number of risks that can be caused by consuming medications without a prescription, no matter how harmless it may seem, they usually cause serious long-term problems, according to the information provided by the participants in this study, only 37% know them "a times" as well as mentioning in his study (Alcázar, et al. 2018) that the prevalence of difficulties caused by self-medication is the object of study and, in turn, a problem to which greater attention should be given, since it is considered a worldwide problem, on the other hand (Berrouet, et al. 2017) in their research called "Self-medication of pain relievers and antibiotics in undergraduate medical students" exposes the potential risks that develop from this practice in the that focuses on problems of cardiovascular, renal and gastrointestinal origin, which can be caused due to drug interactions that are related to our research, where 93.2% of the studied population knows about this problem, however they consume them to alleviate their various discomforts.

Self-medication is a very common practice among adolescents in Ecuador and Latin America. This is confirmed by several authors who demonstrated this problem with similar studies; Such is the case of (Castro et al 2022) in their study found a prevalence of (161.69%) of students from the Faculty of Health Sciences of the Nursing Career who self-medicated and there was a higher percentage in women (82%) as well as the age range was between 18 and 25 years (90%). (Alba et al. 2020) in their study of students in the health area also found a prevalence of 88% corresponding to the female gender with 72% and their age ranged from 17 to 30 years with a percentage of 71%. Likewise, I emphasize it (Morales, et al. 2018) who in his study showed that 100% of his participants self-medicated, but he mentioned that there is a high prevalence in students who do it irresponsibly with a (90.7%) which is worrisome according to the aforementioned studies that are closely related to the data provided in this investigation.

However. (Oviedo, et al. 2021) states that self-medication is part of self-care and according to their study it is considered a primary resource in health care with 97% of participants who self-medicate whatever the factor that led to it, He

also mentioned that the first triggering factor for this action was that the symptoms they were suffering from were not so severe, so it was easy to access medication to calm them down. On the contrary (Berrouet, et al. 2017) in their study, they state that 90.1% of the students considered that self-medication was an unsafe practice, but this also depended on the sex and semester of training in relation to our study that the population of The study lies in leveling students who are beginning their studies in the career and are unaware of many aspects in relation to pharmacology.

There are various reasons for self-medication to occur, the main ones being economic resources, no health personnel service and lack of time, that is, the time to go to a doctor who diagnoses and offers treatment, which leads to 40% of adolescent students will choose to resort to self-medication, as mentioned by other authors such as (Alba, et al. 2020) who affirms that 42.1% of adolescents will self-medicate due to lack of time, on 14, 4% for economy, that is, the same reasons. In his research (Castro, et al. 2022) he mentions that there are different variables such as the distance from a health center 7%, not having resources available 1%, there is no service from the doctor 4% are the reasons for which 20% of students who do not have time to go to the doctor and decide to self-medicate, as stated (Ramírez, et al. 2020) time is a predominant factor for self-medication to be carried out in 40% of the participants confirm it. On the other hand (Yunchaya, et al. 2021) in their research they mention that 47.1% of participants self-medicate based on the recommendations made by the same health personnel, it is worth mentioning that without prior consultation with this recommendation.

There are different reasons why young people self-medicate, many of them are due to the same relatives or close friends who share information (not substantiated about what worked for them at the time to reduce the symptoms caused by the pathology they were going through at that time) being one Of the main factors for adolescents to self-medicate, as evidenced in this study, the recommendation was from the pharmaceutical staff who offered drugs to relieve pain or other mild symptoms with a percentage of 43%. On the other hand (Castro, et al. 2022) mentions that the majority of young people still live with their parents and it is they who recommend self-medication in cases that they consider mild with a prevalence of (58.12%), as well as (Oviedo, et al. 2021) since in his study he states that the main reason why adolescents self-medicate is in relation to the symptoms that are mild and the advice that their relatives give them in a (46.87%) which is evidenced in The provided information.

In the present investigation, the drugs most used in self-medication in this study were NSAIDs with 55% among the participants, followed by antibiotics with 18% of the population; where they self-medicate to treat symptoms such as headaches, abdominal pain, cough, flu, fever that made it difficult for them to carry out their daily activities, which causes concern since, although it is true, NSAIDs are not very harmful to health when administered in small amounts and in appropriate time; Compared to the self-medication of antibiotics that do generate great concern because this causes bacteria to generate resistance in relation to when they are prescribed by the doctor and for this reason several antibiotics have been lost in the pharmaceutical world because they do not provide improvement in the clinical picture of the patient. Likewise (Berrouet, et al. 2017) in their study reports that self-medication with analgesics prevails with (84%) in women and (81%) in men, antibiotics also play an important role with (28%) in women and (21%) in men of the participants.

On the other hand (Castro, et al, 2022) mentions that analgesics are the drugs of first choice for this reason (58%) of the population that participated in this study consumes this type of drug. Unlike (Morales, et al. 2018) their study has a higher prevalence in anti-flu with (42%) of their population due to the symptoms they caused and followed by antibiotics with (30%). In addition (Oviedo, et al. 2021) confirms that the most widely consumed drugs are analgesics and anti- inflammatory (NSAIDs) with (84.26%), in the same way (Ramírez, et al 2020) in his research he tells us that the The group with the highest prevalence corresponds to analgesics with (41.92%) and the choice of medication to consume is paracetamol due to headaches. However (Alcázar, et al. 2018) he considers that not only adolescents self-medicate, but also adults, but he does agree that the most used medications are analgesics because they are easy to obtain and are obtained by their own decision.

CONCLUSIONS

Self-medication in adolescents is very common, there are several factors that involve this practice, among the main ones we can highlight the lack of time to go to a medical appointment, without forgetting that most people hardly go to the homes of due to the treatment and lack of empathy of health personnel towards patients, for this reason they prefer to self-medicate by quickly going to pharmacies to be prescribed a drug that fulfills the desired function in the face of the condition, the family also plays an important role in the self-medication since they recommend based on comments, advertisements or past experiences, the main reason why they do it is because they present pain and use anti- inflammatory analgesics, as well as the indiscriminate use of antibiotics to combat common infectious diseases such as flu and cough, few of these adolescents are the ones who know the effects, indications, true doses of each drug at the time of use.

Knowledge is one of the main factors to consider, because although it is true that NSAIDs are the first option for recommendation and treatment by health personnel, treatment is individualized based on the needs that are present at the

time, Therefore, there is a tendency to continue in a circle where each person who has received treatment tends to make recommendations to their family, friends or other people, alluding to the treatment received and which at the time had a beneficial effect without considering that not all beings humans are the same and that medications that for some people are of good efficacy for others can even be fatal due to drug interactions, allergies, etc., one of the factors that also leads to self-medication is the free access that is available anywhere. pharmacist, which means that people no longer go to the doctor but go to pharmacies in which they manifest the symptoms they present and pharmacists tend to offer a medicine taking into account that all have adequate preparation or perform a physical assessment of the patient that supports the prescription of the medicine, where it is evident that people are completely unaware of the type of medicine they are taking and if it is going to be effective or not, nevertheless they buy it.

Auto medication has become a major problem and one of the main threats for all health personnel, including the students that make it up, for this reason it is necessary to address this issue from the beginning of student training to the most adult, It is considered essential to start the awareness of this issue from secondary education that is consecutive during their professional training. To meet this objective, it is necessary to include the Ministry of Public Health (MSP) that may collaborate with professionals who provide this type of information, who address the risks, toxicity, importance of going to the doctor, side effects, complications that self-medication implies. not to mention that it is one of the main causes of death; ease of access to various drugs that may seem harmless but produce high toxicity or that are not indicated for the pathology of origin. With these alternatives, the aim is to generate a culture of awareness that allows us to face this inappropriate habit that has been generated today and that is advancing by leaps and bounds, causing problems in people's health and generating high costs in the provision of services for the MSP.

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A. theoretical and conceptual foundations and problematization:	80%	20%
B. data research and statistical analysis:	50%	50%
C. elaboration of figures and tables:	80%	20%
D. drafting, reviewing and writing of the text:	50%	50%
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