

**THE PREVALENCE OF SELF –MEDICATION AMONG PEOPLE LIVING IN  
ELDORET TOWN: A CASE STUDY AT CHEMISTS, ELDORET TOWN**

**BY**

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## ABSTRACT

The purpose of the study was to determine the prevalence of self – medication among people living in Eldoret Town: a case study at chemists, Eldoret Town. The objectives of the study were; to determine the extent of self – medication among people living around Eldoret town, to determine the medication being used and their sources and to establish reasons for self – medication. The study used a case study design method. The target population comprised of 10 (ten) chemists in Eldoret town where 1640 respondents. Simple random sampling technique was used to select 322 respondents. Descriptive statistics was used in analyzing of data where it was presented in form of frequency tables, graphs, pie charts and bar graphs.

The researcher found out that the patients come in the chemist for headache medication. From the results majority of respondents agreed that pain killers are the one the patients take followed by antacids. From the findings majority of respondents were on the opinion that most of patients' medicine are administered through orally and parenterally (im iv sc injections). It is revealed that the patients get advice from the pharmacists/pharmacy and health workers for medication. Majority of respondents reported that the medication cause vomiting, dizziness and abdominal pains. Majority of respondents were on the opinion the patents to visit health centers in order to seek consultations in order to be advice to do, discard the medications in order not to affect the body functions since it leads to death or affect body functions.

It was concluded that the aspect of self medication is important feature of the lay health system. This study show the high prevalence of self medication in the community, especially among the people of low social – economic status. It is also greatly influenced by age, sex and the level of education. The community clearly seems to consider self medication a safe practice.

The researcher recommended that the ministry of health needs to make sure the chemists in Eldoret Town are registered in order for the patients to be safe as they offered medication, the chemists' management needs to employ qualified personnel, encourage them to seek medical treatment from qualified medical personnel, the patients should be encouraged to attend health education session on safe usage of drugs, communities need to be educated on safe use of drugs and Encourage pharmacist to practice pharmacy ethics.