Chapter 9

SUMMARY

This study emphasized on three important factors - prevalence of analgesic misuse, predictors of analgesic misuse and how analgesic misuse affects the quality of life in this population. The demographic variables used in our study were age, gender, level of education, source of income, occupation, average monthly income, type of accommodation, ethnicity, religion, marital status, migration; etc.

Prevalence of analgesic misuse in our study was comparable to other European studies. The prevalence of analgesic misuse in our study was found to be 13%.

Reasons for the prevalence of prescription analgesic misuse vary by age, gender, and several other factors, but likely include the easy availability of analgesics (Centers for Disease Control and Prevention, MMWR Morb. Mortal Wkly Rep, 2011) as reported in this study. Several socio-demographic and clinical factors along with consumption of alcohol and smoking in the past one month were associated with a continuous regular misuse of analgesics. Other few important predictors of analgesic misuse as reported in this study were pain in the past month, a higher body mass index (BMI), source of income, etc. This study could also identify a subset of participants in their youth with current pain and several measures of QoL in emotional domain like depression, full of life, lot of energy, etc in the past 4 weeks in subjects misusing analgesics. Low QoL in more than one emotional domain also identifies possibility of future onset of mental and psychiatric impairments. Moreover from our study results we can conclude that analgesic misuse and chronic pain predicts a poorer quality of life.

9.1. Recommendations

Onset of alcohol, smoking and analgesic use in early age demands early intervention, which could
be done at the school level. Therefore, one way of intervention could be inclusion of related topic in school curriculum, so that the students get to know about the harmful consequences of misuse of analgesics and also substances of abuse. Also it was observed that the participants were aware of the existence of the dosage instructions that were put as packet inserts, however, majority of them consumed analgesics without following the same and without being conscious and responsive of the effects of misuse of these analgesics. They had a basic perception, but lack the knowledge, consciousness of the threat and hazards, contraindications, form and nature of analgesics contained in the popular analgesic brands. Aggressive awareness programmes may help to reduce the barriers related to participant’s lifestyle, poor understanding and wrong perception about analgesics and their usage.

9.2. Future Aspects

Based on the socio-demographic evidences, this study shall also provide baseline information to design further studies, to detect the risk factors of analgesic misuse and further help to formulate prevention measures. Considering the limited literature on this topic, also, a state and nations’ survey of the gap in the awareness of the effects of analgesic misuse needs to be conducted.