

A Study on Usage of Different Medications among Medical Students during Their Examination Days

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Abstract: Background: Some of the medical students are using different medications during their examination days to perform well in the examinations. There is a need to identify what medications they are using and take certain measures to reduce the usage of medications if they are known to be harmful to the medical students

Aim: To identify and evaluate different medications used by medical students during their Examination days and find out whether they are harmful to them.

Materials and methods: The study was done on 200 medical students of ninth semester, of age 20-23 years. The study subjects were given a common questionnaire to fill, about usage of various medications during their Examination days.

Results: Results were analysed in the form of pie diagrams.

Conclusion: we concluded that the usage of different drugs among medical students is very less and not much harmful to them. In future if the usage of medications among medical students increases, then we have to take measures to reduce the usage if they are known to be harmful.

Keywords: Examination days, Medications, Medical students, Harmful.

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I. Introduction

Now a days some of the medical students particularly who are studying MBBS are using some drugs during their examination days either to get some benefits from them or as a measure to reduce the examination stress and also to perform well in the examinations(1,2,3,4,5) From IIIrd semester onwards the students are getting more awareness about the drugs in Pharmacology subject. By the end of Vth semester they come to know about most of the drugs. So the usage of drugs might be less in first year MBBS students, as they are not introduced to the drugs so far. In this study we are going to know about the usage of different drugs, dosages and their routes of administration among medical students who are studying final year MBBS(6,7,8,9,10)

There is much more necessity to know the usage of drugs particularly among medical students. By this we can understand their behavior and difficulties they are facing during the examination days. Also we can take certain measures to minimize the usage of drugs if they are known to be harmful to them(11,12)

II. Materials & methods

The study was done on 200 medical students of ninth semester of age 20-23 years who are writing their final year theory examinations. The study subjects were given a common questionnaire to fill, about usage of various medications during their examination days. The questionnaire is as follows.

Questionnaire

1. Do you take CNS stimulants before going to exams? Yes / No

If yes, what is the CNS stimulant _____ it's dose/amount _____ and route _____

2. Do you take any Benzodiazepines to get sleep at night before the day of exam? Yes / No

If yes, what is the drug name _____ it's dose _____ and route _____

3. Do you take any ORS- oral rehydration salt solution before going to examination? Yes / No

If yes, how much you will take _____

4. Do you take vitamin supplementations during examination days? Yes / No

If yes, what is the drug name _____ it's dose _____ and route _____

5. Do you take any beta blockers before going to exams? Yes / No

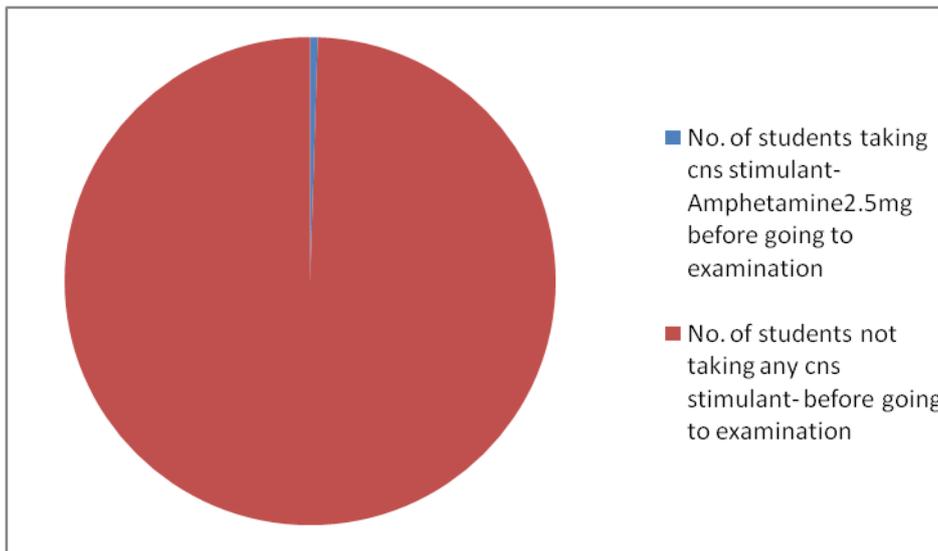
If yes, what is the drug name _____ it's dose _____ and route _____

6. Do you smoke cigarette either before going to exam or even after finishing exam? Yes / No

7. Do you take any NSAID as a misbelief to prevent fever/headache? Yes /No
 If yes, what is the drug name _____ it's dose _____ and route _____
8. Do you take any antibiotics as a misbelief to prevent infections? Yes /No
 If yes, what is the drug name _____ it's dose _____ and route _____
9. Do you take caffeinated drinks in excess quantity before going to exams? Yes / No
 If yes, how much you will take _____
10. Do you take any alcoholic beverages during the examination days? Yes / No
 If yes, how much you will take _____

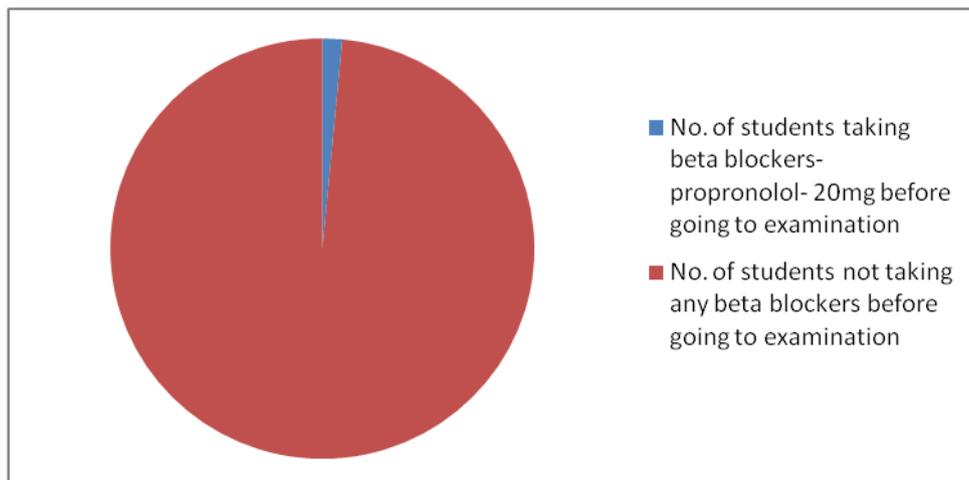
III. Results

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| No. of students taking cns stimulant- Amphetamine2.5mg before going to examination | 1 |
| No. of students not taking any cns stimulant- before going to examination | 199 |



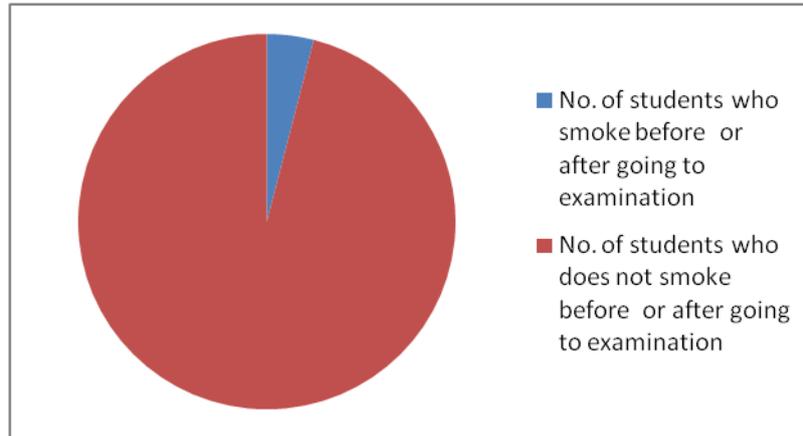
Only 0.5 % of the students took CNS stimulant Amphetamine 2.5mg before going to examination to perform well in the exam.

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| No. of students taking beta blockers- propranolol- 20mg before going to examination | 3 |
| No. of students not taking any beta blockers before going to examination | 197 |



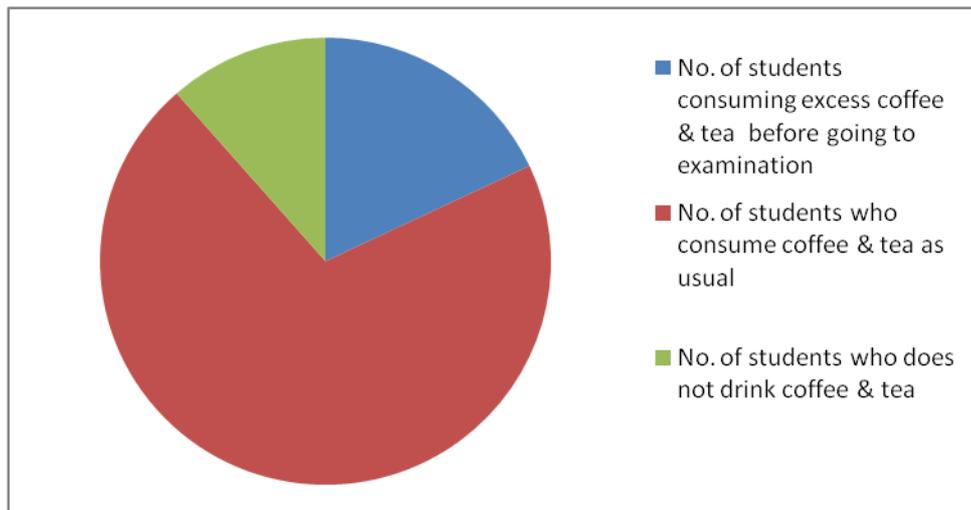
Only 1.5 % of the students took beta blocker propranolol 20mg before going to examination to perform well in the exam.

| | |
|-----------------------------------------------------------------------|-----|
| No. of students who smoke before or after going to examination | 8 |
| No. of students who do not smoke before or after going to examination | 192 |



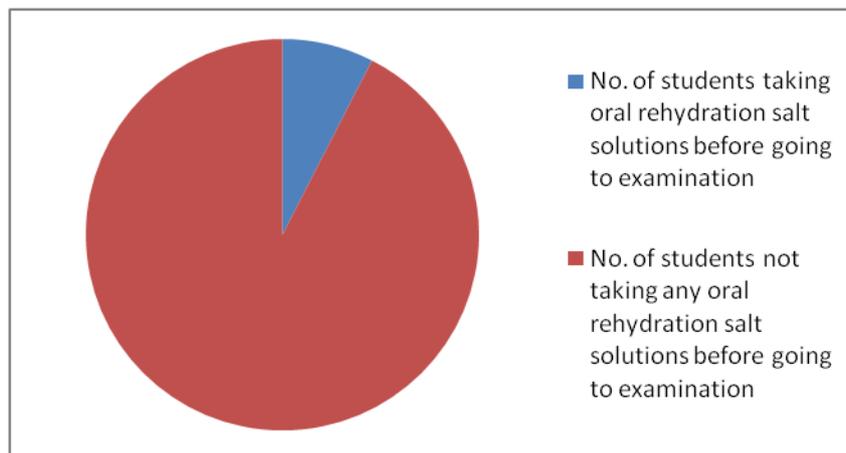
Only 4.16% of the students smoke before going or after finishing examination.

| | |
|---------------------------------------------------------------------------|-----|
| No. of students consuming excess coffee & tea before going to examination | 36 |
| No. of students who consume coffee & tea as usual | 141 |
| No. of students who do not drink coffee & tea at any time | 23 |



18% of the students consume coffee & tea in excess quantity before going to examination
11.5% of the students do not have the habit of drinking coffee and tea.

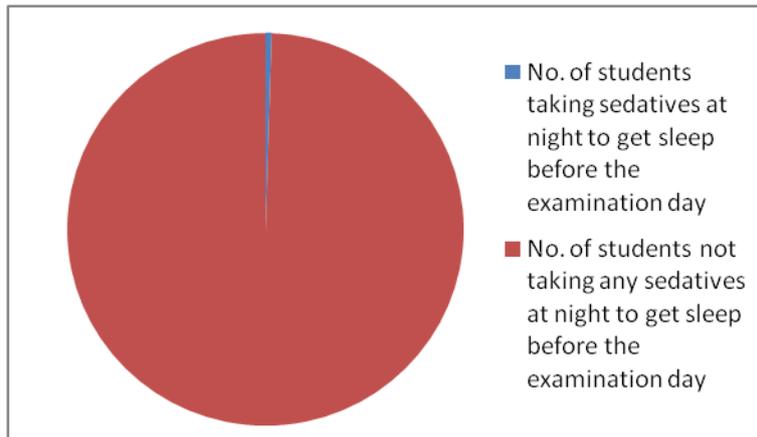
| | |
|--------------------------------------------------------------------------------------------|-----|
| No. of students taking oral rehydration salt solutions before going to examination | 15 |
| No. of students not taking any oral rehydration salt solutions before going to examination | 185 |



7.5% of the students take oral rehydration salt solutions before going to examination

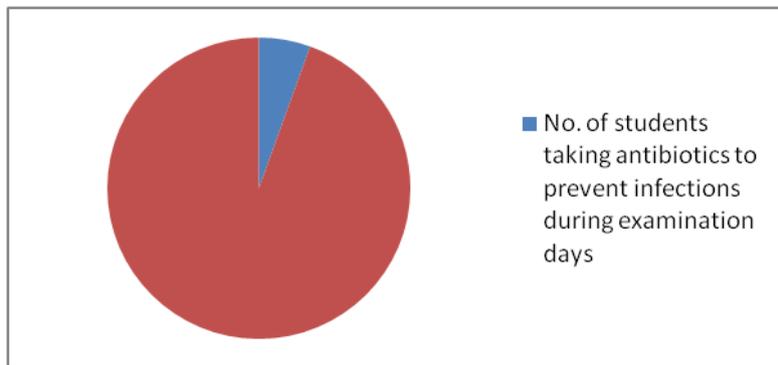
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|-------------------------------------------------------------------------------------------|-----|
| No. of students taking sedatives at night to get sleep before the examination day | 1 |
| No. of students not taking any sedatives at night to get sleep before the examination day | 199 |



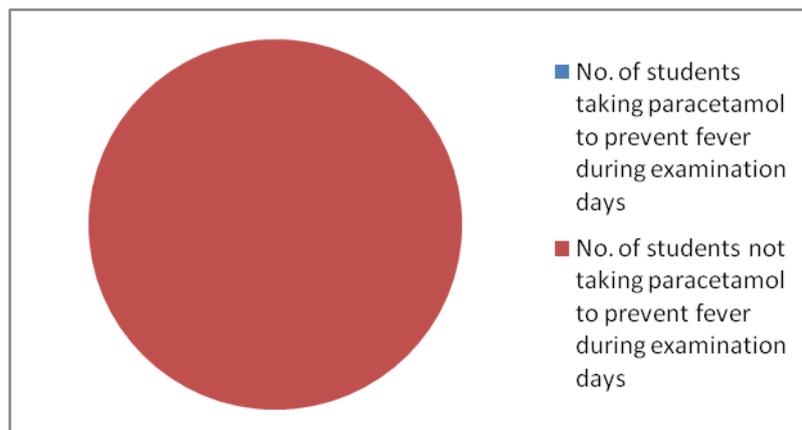
Only 0.5% of the students take sedatives- at night time to get sleep before the examination day.

| | |
|----------------------------------------------------------------------------------|-----|
| No. of students taking antibiotics to prevent infections during examination days | 11 |
| No. of students who does not take any antibiotics during examination days | 189 |



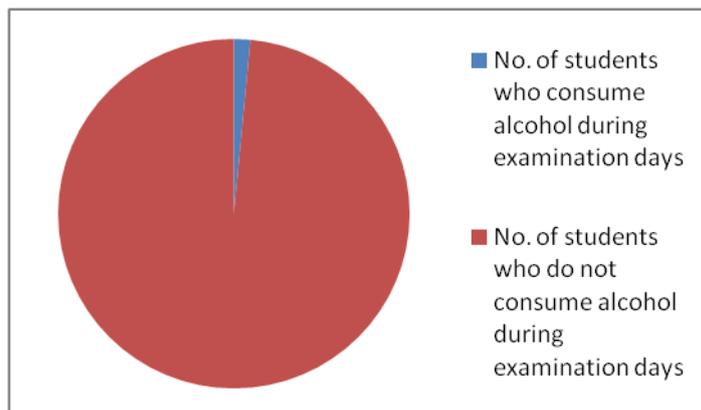
5.5% of the students take antibiotics to prevent infections during the examination days

| | |
|---------------------------------------------------------------------------------|-----|
| No. of students taking paracetamol to prevent fever during examination days | 0 |
| No. of students not taking paracetamol to prevent fever during examination days | 200 |



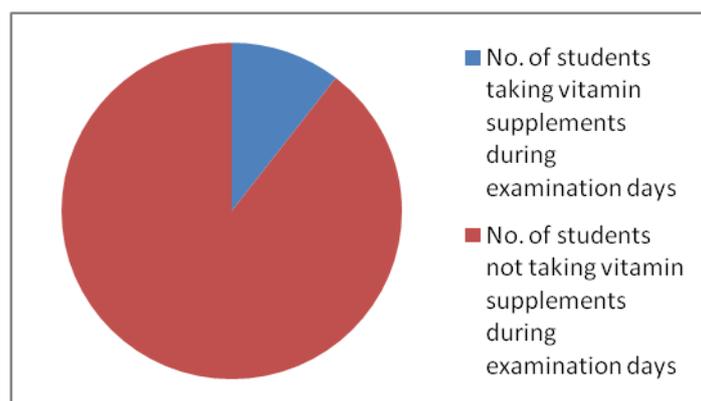
0% of the students take paracetamol to prevent fever during the examination days

| | |
|--------------------------------------------------------------------|-----|
| No. of students who consume alcohol during examination days | 3 |
| No. of students who do not consume alcohol during examination days | 197 |



Only 1.5% of the students consume alcohol during examination days

| | |
|------------------------------------------------------------------------|-----|
| No. of students taking vitamin supplements during examination days | 21 |
| No. of students not taking vitamin supplements during examination days | 179 |



10.5% of the students take vitamin supplements during their examination days

IV. Discussion

By seeing the above results we can understand the usage of different medications among the medical students during their examination days. Some students might have not given the correct answer because of not having interest in revealing their usage of medications^(13,14,15,16) However we analyzed the results of students who correctly gave their answers. The usage of medications is analyzed in the form of pie diagrams.

Maximum percentage of usage of medications is seen with consumption of coffee & tea in excess quantity among medical students during their examination days.

Least percentage of usage of medications is seen with paracetamol. Nobody among medical students are using paracetamol to prevent fever during their examination days.

Only 0.5 % of the students took CNS stimulant Amphetamine 2.5mg before going to examination to perform well in the exam.

Only 1.5 % of the students took beta blocker Propranolol 20mg before going to examination to perform well in the exam.

Only 4.16% of the students smoke before going to or after finishing the examination.

7.5% of the students take oral rehydration salt solutions before going to examination

Only 0.5% of the students take sedatives- at night time to get sleep before the examination day.

5.5% of the students take antibiotics to prevent infections during the examination days.

Only 1.5% of the students consume alcohol during examination days. Alcohol intake may become addiction after prolonged usage.

10.5% of the students take vitamin supplements during their examination days. Care should be taken while using vitamin supplementations. Prolonged and high dose usage of vitamin supplementations may lead to toxicity.

V. Conclusion

The usage of drugs among medical students is less during their examination days. However usage of some harmful drugs such as CNS stimulants(Amphetamine) and sedatives(Benzodiazepines) is very less among them. And the usage of harmless medications such as oral rehydration salts, vitamin supplementations is not much more. So, we concluded that the usage of different drugs among medical students is very less and not much harmful to them^(17,18)In future if the usage of medications among medical students increases, then we have to take measures to reduce the usage if they are known to be harmful^(19,20)

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