

Prevalence of Substance Abuse among resident doctors

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Abstract

Introduction: Substance abuse is a global problem in the youth which is becoming a catastrophe.

Material and Methods: This was a cross sectional survey held during the month of January 2018 among medical students of three medical colleges. A total 1000 resident doctors were studied, out of which 100 were found to be substance abusers.

Results and conclusion:

A prevalence rate of ten percent was obtained. It was observed that males were commonly involved. The most commonly abused substance included over the counter drugs.

Keywords: *Drug abuse, residents.*

Introduction

The drug abuse is the complex problem of not only of individual but also of the entire community [1]. According to the World Health Organization (WHO) substance use is persistent or sporadic drug inconsistent with or unrelated to acceptable medical practices [2].

A drug is broadly defined as any chemical agent that affects living protoplasm. Some drugs reinforcement i.e. they produce the effects that user enjoys and which make him/her wish to take it again or to induce drug seeking behavior [3,7].

The substance abuse is common worldwide. The study aimed to find out prevalence of substance abuse in among resident doctors. As medical students are exposed high degree of stress during their study period coupled with easy accessibility and knowledge of wide range of drugs, they are more vulnerable to fall into the trap of substance abuse. This proves detrimental for their health and career and may have long term impact on the medical society as whole.

Objective:

To find out prevalence of substance abuse in among resident doctors.

Material and Methods

This was a cross sectional study held during the month of January 2018 among medical students of three medical colleges. The subject were examined by group of medical experts and were labeled as substance abusers based on history, clinical examination, signs and symptoms, and features of withdrawal syndrome. Data was collected by using a standardized proforma which included demographic details and type of substance abused. Informed consent was taken from each student and confidentiality was maintained.

Statistical Analysis

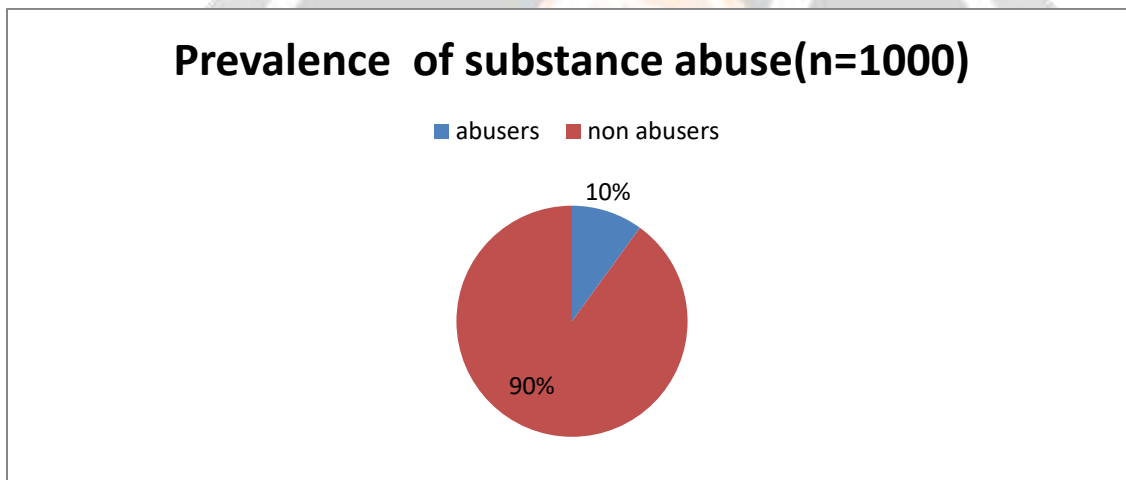
Data was entered in MS Excel and analyzed by SPSS 2.0 version. Results were represented in the form of graphs and tables wherever required.

Results

A total of 1000 medical students participated in the study out of which 100 turned out to be substance abusers yielding a prevalence of 10%.

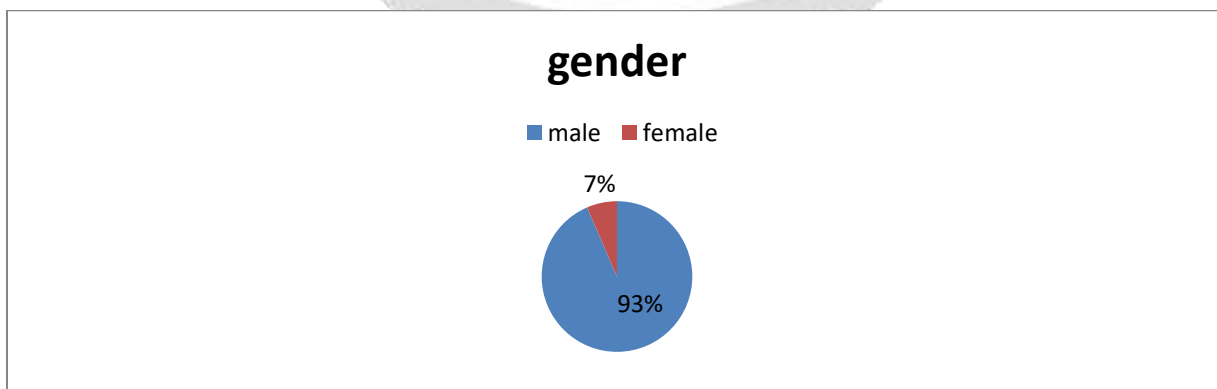
Prevalence of substance abuse

Figure 1: Prevalence of substance abuse



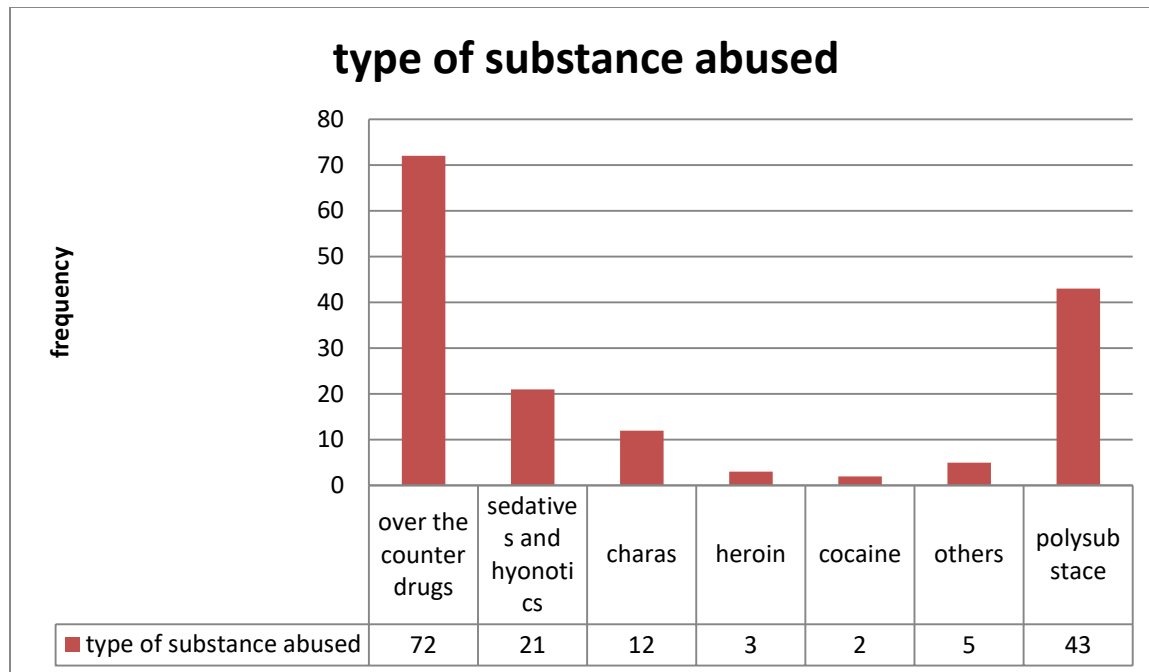
Gender and substance abuse

Figure 2: Gender wise distribution of cases



Substance abused

Figure 3: Distribution of cases according to substance abused



Discussion

Substance abuse is a global problem in the youth which is becoming a catastrophe and it is more prevalent in younger age groups. The substance is common in tourist areas worldwide. The study aimed to find out prevalence of substance abuse in a tourist area of Srinagar. According to the World Health Organization (WHO) substance use is persistent or sporadic drug inconsistent with or unrelated to acceptable medical practices.

The study yielded a prevalence ten percent among medical students. The majority of subjects were males. The results are consistent with other studies which also showed that younger males were commonly involved in drug abuse.[1,5,6]. The facts are disturbing as the most productive section of society is involved in drug abuse which can have disastrous consequences on growth of the nation. Over the counter drugs and Polysubstance abuse was the most commonly abused substance followed by alcohol as found in other study also.[7]

The study by Mubashar et al [8] also showed the similar results with the exception that the charas was most common substance abused

Conclusion

The total prevalence of substance abuse was found to be 10 percent. Majority of the victims were males and over the counter drugs were most commonly abused.

References

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