

Introduction:

This study was to determine factors influencing self-medication practices in Uganda. A case study of residents of Division B Entebbe Municipality Wakiso District.

The main objective of the study was to determine factors influencing self-medication practices among residents of division B Entebbe municipality Wakiso district and the specific objectives were to determine commonly self-medicated medicines among residents of division B Entebbe municipality Wakiso district, to determine the demographic factors that influence self-medication practices among residents of division B Entebbe municipality Wakiso district, to determine the social economic factors influencing self-medication practices among residents of division B Entebbe municipality Wakiso district and to determine the health system factors influencing self-medication practices among residents of division B Entebbe municipality Wakiso district.

Methodology:

The study adopted a cross sectional survey in designed and used in 15 villages with a sample size of 388 respondents. A structured questionnaire, key informant interviews and focused group discussion to assess factors influencing self medication among residents was employed. The data was then analysed using SPSS computer software.

Results:

The major findings were that the most self medicated medicine was Anti-malarial (34.5%) and Pain killers (21.2%). Illness such as headache, fever, Body pain, stomach Pain where reasons for self medication, and the duration of illness was within 24 hours and those who fall in this group self-medicated more compared to the other groups. The majority (91.7%) of the respondents self-medicated without any prescription by trained health worker. respondents socio demographic characteristics such as age and gender (where in the study females were more than males 62.7% to 37.3% respectively), education levels and occupation, and religion with the majority being protestants 33.3%. Knowledge on drug doses, interactions and side effects were found to have significant relationship with self medication ($\chi^2 = 4.09$ df = 1 p = 0.043) whereby those who lacked

knowledge about the self medication, self medicated more 63.9%. The study found out that the means of transport to health facility affects self medication where by respondents who used Boda-Boda (46.7%) to the health facilities and those who walk (30.2%) to the health facility were more self medicating.

Recommendations:

The study recommends involvement of VHTs in promoting proper use of drugs at community level, the government should ensure that health facilities meet the 5 km radius recommendation at every parish level in order to improve on accessibility, there is need to conduct sensitization on rational drug use to the community and at work place, the health professional's council should strengthen the regulation and control of their members through routine supervision. This will ensure availability of health workers at the health centers and could encourage the local population to visit them when they are sick other than self-medicating.

Recommendation for further areas of research:

The researcher recommends two related studies to be done: The first about the role of VHT's in promoting self medication in rural areas, secondly a study on benefits and risks of self medication among the youth.