

All medications are worth of importance and can equally extract better outcomes if properly used in the right realm. Self medication however has been responsible for today"s increased gross burden of drug resistance particularly with the use of antibiotics.

The main objective of the study was to investigate the factors thought to influence self medication among the adults of Bunamwaya parish and draw possible recommendations that can help exacerbate the vice.

The study conducted involved a descriptive cross sectional approach in Bunamwaya parish employing the use of questionnaires. The sampling was done on 8 zones in Bunamwaya parish using probability sampling and a final sampling size of 180 was obtained from two zones (90 in each zone).

Results from the study showed that females self medicated more than males and that the majority of the people self medicated with western medicines. The use of antibiotics was high and analgesics. However, people from the region suffered much from respiratory tract infections and fevers. Individuals who had a low income indulged more in the practice than the high income earners. Self medication has rendered the community vulnerable to drug resistance because of its increasing trend especially in the era where antibiotic use is found to be the most commonly used drugs. Perhaps this has been due to the loose nuts in drug regulatory policies because many drug shops are on the rise in the area.

In order to put a final nail on the vice, it is recommended that the government acts early to save its citizens by carrying out strong regulatory policies regarding all drug dealers. In addition, abrupt operations should be carried out in the area so as to track illegal drug dealers.