

This study aimed at identifying the factors contributing to self-medication among medical workers within Naguru hospital following reports that indicated that self-medication remains one of the major health care challenges worldwide according to WHO of 2014. The objectives of the study were to establish the level of self-medication, assess the self-competence factors and health system related factors contributing to self-medication among medical workers at Naguru hospital. This study used a cross sectional research design alongside quantitative research approaches to obtain quantitative data that was used in the study. The population of the study was 120 medical staffs and a sample of 92 was obtained by applying stratified and simple random techniques.

Data was collected using close-ended questionnaires and the validity and reliability was obtained by expert judgment and pretesting. Using SPSS data was processed and analyzed. The study found a prevalence of self-medication at Naguru of 69.8%. The code of ethics was being violated and self-medication was perceived as convenience. Self-competence factors did not contribute to the current self-medication practices since workers had the skills and

experience to execute their tasks. Employee strategies aimed at improving knowledge were also paramount although some knowledge gaps were evidenced. The study revealed that the current health system has contributed a lot to the current prevalence of self-medication practices among health workers. Clients are not handled on first-come-first-serve basis and the working conditions do not favour health workers in addition limited accessibility and increasing cases of drug stock outs within the health facility.

The study recommended that health workers are trained, health care at the facility improves, and working conditions of staff should be improved; sensitize staff about the code of ethics as well as government's intervention in ensuring that health facilities are equipped with enough medicine.

The study also suggested that topics on Knowledge, attitudes and practices towards self-medication among medical practitioners, Socio-economic factors influencing self-medication among health workers as well as working conditions on self-medication among health workers should be conducted to elaborate self-medication further.