

Between Cure and Risk: The Fine Line of Self-Medication

It would be highly beneficial to establish an inter-faculty communication course. This would allow professionals from medicine, nursing, various therapies, and other fields to come together in one environment. Here, we could learn how to effectively communicate with patients and caregivers, and also how to communicate better among ourselves. This collaborative effort would significantly contribute to educating patients on the correct and safe storage and use of medications.

The community pharmacist plays an incredibly important and crucial role in healthcare. Unfortunately, in many countries, this role isn't truly recognized or utilized to its full potential. However, to ensure proper patient education and, consequently, promote responsible self-medication, it's essential for healthcare professionals to adopt a continuous educational role.

Las preguntas que no son solventadas por el profesional de la salud, son trasladadas y buscan respuesta a través del entorno de confianza del paciente, conduciendo esto a auto atenderse, auto prescribirse y automedicarse.

Medication use isn't solely driven by the desire to alleviate symptoms or cure illness. There are also motivations that can be harmful to health. For instance, people might use medication to dope themselves, enhance physical or cognitive performance in work or academic settings, or to alter their body image—whether that's gaining or losing weight, for cosmetic purposes, or for recreational and escapist reasons, among others.

A patient often feels more relief taking a series of herbal remedies because the person who "prescribed" them took the time to talk and explain, versus taking cutting-edge medication "prescribed" by a doctor who offered no explanation.

People often decentralize biomedical knowledge, taking prescriptions and recommendations from the medical world and reconstructing them with their own understanding. This creates a collage of ideas and knowledge drawn from various cultural and everyday experiences found in their homes, communities, and on the streets. These constantly evolving ideas inform the actions people take when they question and readjust biomedical knowledge. They do this by consulting their close social circles. This process gives rise to phenomena such as self-care, self-medication, self-prescription, and self-diagnosis.

Unanswered questions from healthcare professionals often lead patients to seek answers within their trusted circles.

This can result in self-care, self-prescription, and ultimately, self-medication.

Self-medication isn't inherently wrong; it's problematic when not done correctly or responsibly.

