Plan of Research

About

Abuse of Ranitidine 150mg in Health Centers

By

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Abuse of Rantidine 150 mg in Health Center

Research by groups work include Dr. Somaya Al Jowder, Dr. Ali Mustafa, Ms. Fatima kuwuaitan, Ms. Ola saleh, Ms. Mariam Dawood and Najah Abdul Wahab.

The used Rantidine 150 mg tablet in health center become essential for many patient and take the drug monthly without know the diagnosis just the patient complain of epigastria discomfort also we notice that this drug can be describe to young patient and may be describe to patient with other antacid and the complain simple the gastro- intestinal tract. Many patients used the drug without making any investigation. Some doctors when patient complain first time of epigastria upset begin the treatment used Zantac Tablet instead of used simple antacid. That why make this research to common diagnosis used of Rantidine 150 mg are Peptic Duodenal Ulcer, Gastro Esophageal reflex, Stress ulcer, chronic dyspepsis,Acid aspiration Syndrome, Zallinger Elison Syndrome and also need to put a protocol to use Rantidine 150 mg.

Aims:

Evaluate the causes of abuse of Rantidine 150 mg Tablet to rationally of drugs and avoid side effect.

Methods and ways:

The research made in Naim, Budaiya Health centers by use of Questionnaire to patient. Use of Zantac Tablet every 4 patient make Research questions to 1 by pharmacist during patient take drugs from pharmacy after take agreement in about one month of June 2006 the number of cases 107 of both sex also Calculate how much some Health Center pharmacies used Rantidine 150 mg in 2005 then data collection for statistics computerized used SPSS program.

Result:

Research 107 cases for both sex show in table1 and according to nationality Bahraini more than non Bahrain show in table2 according age group 40-49 years more age show in table3, table4 time of use 15.8% more than three years, used of drugs first or before show table5, The used of drugs before if interrupted or continuous show in table6, No of Investigation and its types show in table7, the used other antacid drugs show in table8, The No. of patient know his problem show in table9, Types of foods show in table10, crostabulation and Chi-Square Tests show in table11, table12

Sex

	Frequency	Percent
Male	38	35.5
Female	69	64.5
Total	107	100.0

Table1 show sex

35.5
Male

64.5
Female
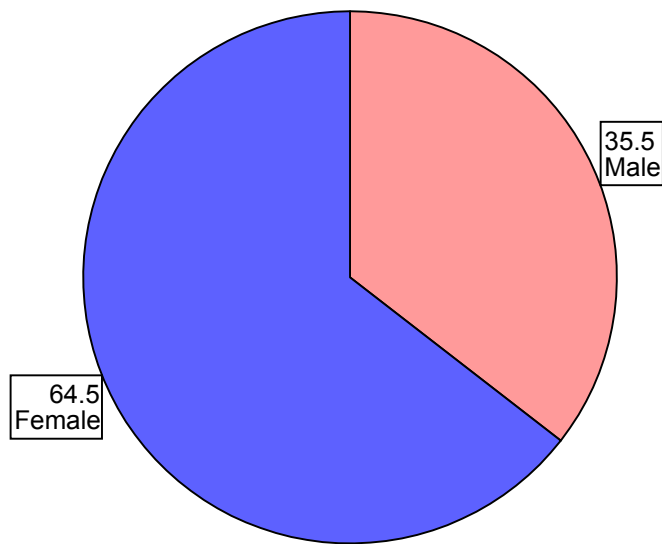
Graph1 show Sex

Nationality

	Frequency	Percent
Bahraini	96	89.7
Non Bahraini	11	10.3
Total	107	100.0

Table2 show Nationality

10.3
Non Bahraini

89.7
Bahraini
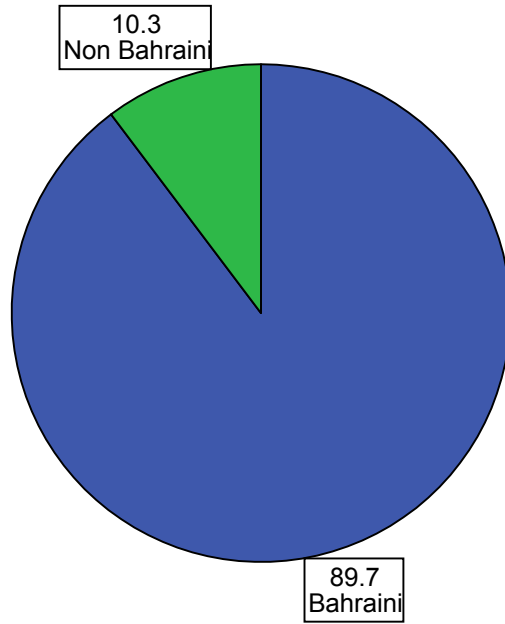
Graph2 show Nationality

Age group

	Frequency	Percent	Cumulative Percent
<30	15	14.0	14.0
30 – 39	14	13.1	27.1
40 – 49	27	25.2	52.3
50 – 59	18	16.8	69.2
60 – 69	23	21.5	90.7
70+	10	9.3	100.0
Total	107	100.0	

Table3 show Age group

9.35
70+

14.02
<30

21.5
60 - 69

13.08
30 - 39

16.82
50 - 59

25.23
40 - 49
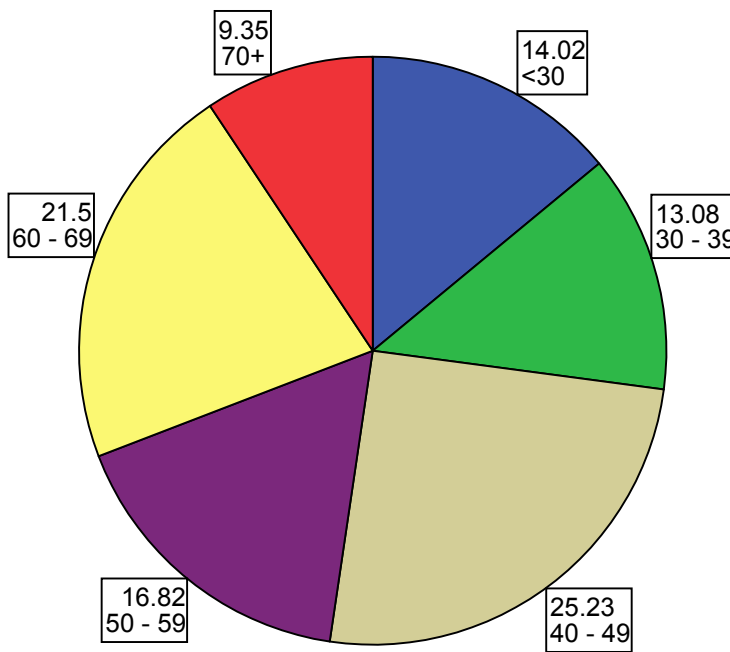
Graph3 show age group

Time of use

	Frequency	Percent	Cumulative Percent
= < 10	13	12.1	12.1
11 - 30	32	29.9	42.1
31 - 90	23	21.5	63.6
91 - 365	13	12.1	75.7
[1 - 3] Year	9	8.4	84.1
More than 3 Years	17	15.9	100.0
Total	107	100.0	

Table4 Show Time of use
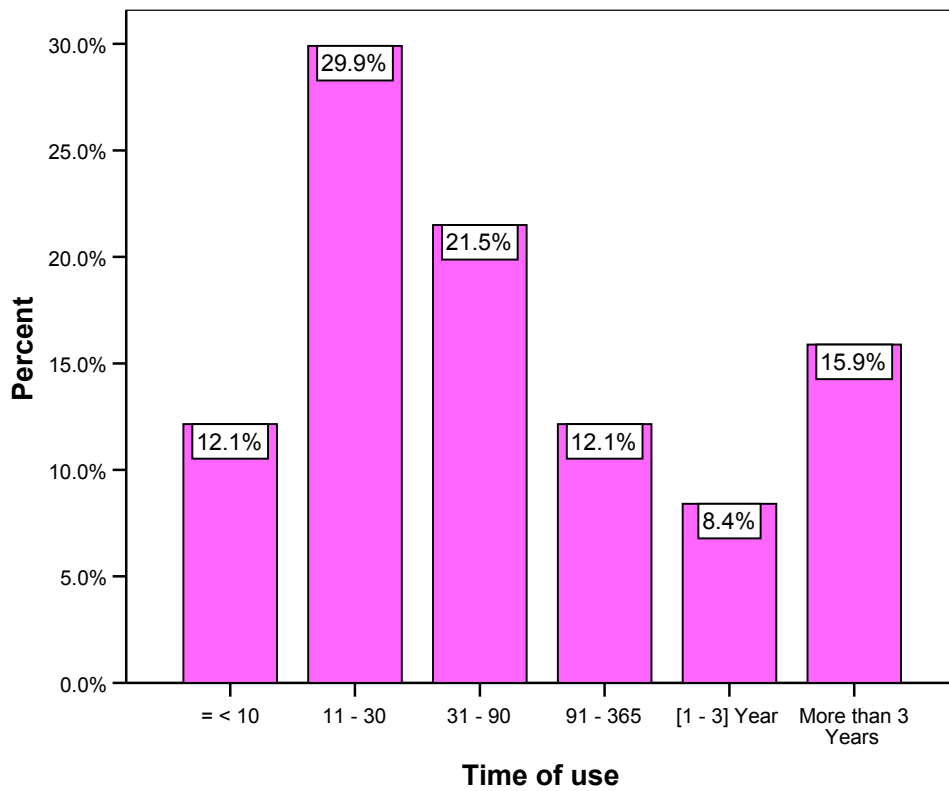
Graph4 show time of use

Ever Used

	Frequency	Percent
First time	23	21.5
Before	84	78.5
Total	107	100.0

Table5 show ever Used
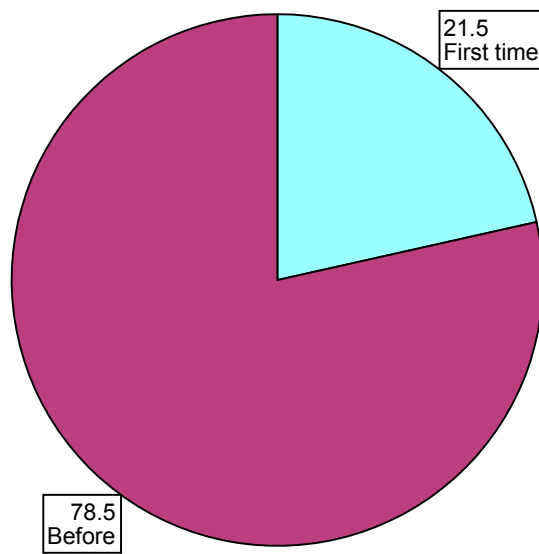
Graph5 show ever used

Type_of_Use

	Frequency	Percent
Interrupted	35	41.7
Continuous	49	58.3
Total	84	100.0

Table6 show Type of Use (Case used before tablet if interrupted or continuous

41.67
Interrupted

58.33
Continuous
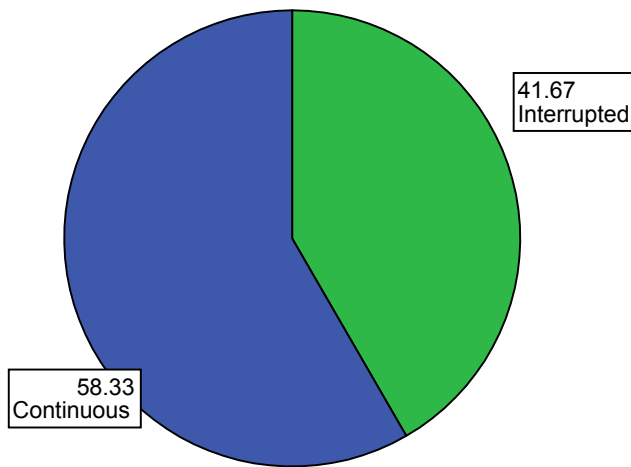
Graph6 show Type of Use (Case used before tablet if interrupted or continuous

Investigation

	Frequency	Percent
Yes	19	38.8
No	30	61.2
Total	49	100.0

Type_of_Investigation

	Frequency	Percent
Gastroscop	2	11.1
B-meal	12	66.7
Gastroscop & B-meal	4	22.2
Total	18	100.0

Table7 show investigation and type

Other antacid drugs

	Frequency	Percent
Yes	77	72.0
No	30	28.0
Total	107	100.0

Table8 Show Other antacid drugs
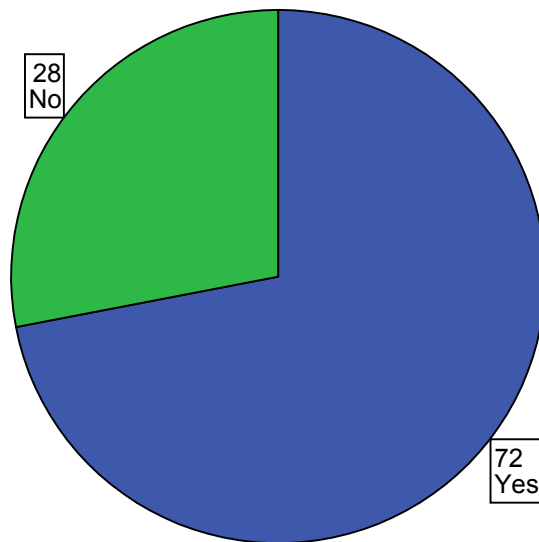
Graph7 Show Other antacid drugs

Know his Problem

	Frequency	Percent
Yes	47	43.9
No	60	56.1
Total	107	100.0

Table 9 show if patient know his problem
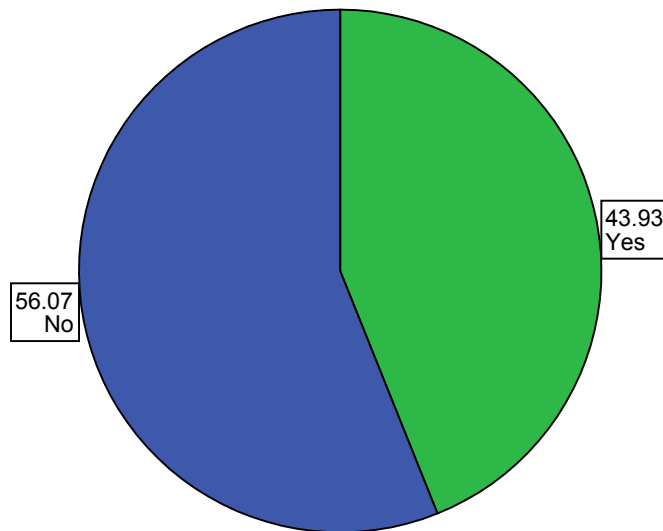
Graph 8 shows if patient know his problem

Food

	Frequency	Percent
Normal	69	64.5
Little spicy	8	7.5
Spicy	30	28.0
Total	107	100.0

Type of food

	Frequency	Percent
Normal	69	64.5
Spicy	38	35.5
Total	107	100.0

Table 10 Types of food

35.5
Spicy

64.5
Normal
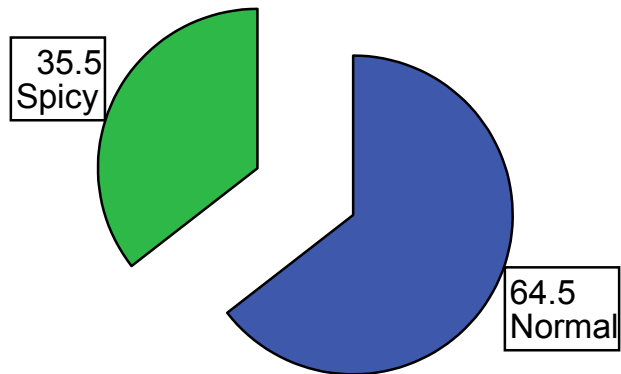
Graph9 Types of food

Ever_Used * Type of food Crosstabulation

			Type of food		Total
			Normal	Spicy	
Ever_ Used	First time	Count	10	13	23
		% within Ever_Used	43.5%	56.5%	100.0%
	Before	Count	59	25	84
		% within Ever_Used	70.2%	29.8%	100.0%
Total		Count	69	38	107
		% within Ever_Used	64.5%	35.5%	100.0%

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	5.646(b)	1	.017		
Continuity Correction(a)	4.538	1	.033		
Likelihood Ratio	5.446	1	.020		
Fisher's Exact Test				.026	.018
Linear-by-Linear Association	5.593	1	.018		
N of Valid Cases	107				

Table 11 show Chi-Square Tests and crosstabulation between used of normal, spicy food in first and before +Ve Relation ship P- value.017 spicy food more than normal foods in first visit

		Ever_Used				Type_of_Use			
		First time		Before		Interrupted		Continuous	
		N	%	N	%	N	%	N	%
Sex	Male	13	34.2	25	65.8	11	44.0	14	56.0
	Female	10	14.5	59	85.5	24	40.7	35	59.3
	Total	23	21.5	84	78.5	35	41.7	49	58.3

Pearson Chi-Square Tests

		Ever_Used	Type_of_Use
Sex	Chi-square	5.646	.080
	df	1	1
	Sig.	.017(*)	.778

		Ever_Used				Type_of_Use			
		First time		Before		Interrupted		Continuous	
		N	%	N	%	N	%	N	%
Nationality	Bahraini	18	18.8	78	81.3	33	42.3	45	57.7
	Non Bahraini	5	45.5	6	54.5	2	33.3	4	66.7
	Total	23	21.5	84	78.5	35	41.7	49	58.3

Pearson Chi-Square Tests

		Ever_Used	Type_of_Use
Nationality	Chi-square	4.171	.185
	df	1	1
	Sig.	.041(*,a)	.667(a)

Table12 show ever used and Type of used between male and female +ve relationship in ever use and also show according to nationality +ve relationship in ever used

DISCUSSION

The research 107 cases male 38 cases (35.5%) female 69 cases (64.5%) according to nationality Bahraini 96 cases (89.7%) Non Bahraini 11 cases (10.3%) according to age group <30year 50 cases (14%), 30-39 years 14 cases (13.1%) 40-49 years 27 cases (25.2%) 50-59 years 18 cases (16.8%) 60-69 years 23 cases (21.5%) 70+ years 10 cases (9.3%) the patient how long used ranitidine 150 mg in follow up to the health centre =<10 days 13 cases (12.1%), 11-30 days 32 cases (29.9%), 31-90 days 23 cases (21.5%), 91-365 days 13 cases (12.1%), 1-3 years 9 cases (8.4%), and More than 3 years 17 cases (15.9%) the patient used drugs for first time 23 cases (21.5%) but which use the drugs before 84 cases (78.5%), patient used drugs before but interrupted 35 cases (41.7%) and patient used drugs before but continuous 49 cases (58.3%) according to patient who take medicine before and continuous was and made investigation 19 cases (38.8%) but who didn't make investigation 30 cases (61.2%), type investigation

made Gastroscop 2 cases (11.1%), B-meal 12 cases (66.7%), Gastroscop & B-male 4 cases (22.2%) the patient used other antacid drugs with using ranitidine 150mg 77 cases (72.0%) but who don't used 30 cases (28.0%) about patient take medicine and know his problem 47 cases (43.9%) but patient take medicine and not know his problem 60 cases (56.1%) about type of foods taking by patient Normal foods 69 cases (64.5%) but spicy food 38 cases (35.5%) the cross-tabulation and Chi-Square Tests between Type of the foods normal or spicy according to used of drugs for first time or before +ve relationship P-value .018 for spicy foods. Also between even used (First time of before), used drugs (interrupted, continuous) and Male Female, +ve relation ship in only even used. But same relation between even use and Bahrain and non Bahraini +ve relationship. But not significant between type of used and nationality. About how much tablet used in 2005 by patient in health centers in Naim Pharmacy about 300, 000 tablets in Bilad Al Khadeem Pharmacy 96,000 tablets in Budaya Pharmacy 195,000 tablets.

CONCLUSION

Abuse of ranitidine 150mg in health centers by all age of adult and no exception, use of ranitidine for many years without investigation and most of the patient when ask about his problem cannot know, side effect of ranitidine 150mg to male like cimatidine side effect mainly in sex disability, relation between spicy food in used of drugs first time strong means that needs health education about type of food to patient complaint of stomach problem.

RECOMMENDATION

- Don't write ranitidine for any patient unless has special diagnosis such Peptic Duodenal Ulcer, Gastro Esophageal reflex, Stress ulcer, Chronic dyspepsia, Acid aspiration Syndrome, zallinger Elison Syndrome.

- Patient must know his problem exactly and consent take from the patient about types of drugs used.

- Must be make investigation about every patient about continuous used of ranitidine to know his problem.

- Must be telling patient about side effect of long used of drugs.

- Health education of population about types of foods and about spicy foods which effect stomach but spicy food has now some recommendation good for liver.

- Health education about long used of non steroidal anti inflammatory drugs.

- Remember all doctors about the criteria of choose any drugs for any medical problems according to family medicine criteria.

LITERATURE REVIEW:

- Martin Dale
- British national formula.