WHY SHOULD YOU NOT MISUSE ANTIBIOTICS?

by:

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These days, you cannot buy antibiotic anymore without presenting the prescription to the pharmacy. One major reason is that many people become immune to the therapeutic effects of antibiotics because they tend to use it inappropriately. They will just take an antibiotic a neighbor, a friend, or a family member used because it was effective for that person, they think it will work for them as well.

This is a very wrong understanding of how antibiotics work and how they should be taken. Antibiotics work for a very specific bacteria or virus. This can be assessed via proper laboratory tests, and examination and assessment of a physician. The right kind of antibiotic, the right dosage, and the right frequency and duration of taking it should be prescribed by a doctor. An antibiotic therapy for one person is not always appropriate for another.

To know more about antibiotics, some combats certain viruses and some combats specific type of bacteria. When you take an inappropriate kind of antibiotic and in the wrong dosage, the virus or bacteria in your body could develop a certain immunity from the medicine and you might not get healed. Worse, you might need a stronger antibiotic to fight the viruses and/or bacteria lurking around your body. The consequence is this: “What if a stronger antibiotic run out for your need because you have already developed the immunity to the disease and the antibiotic cannot combat it anymore?”

These important reminders should be included in the health teachings provided in schools especially for the teaching and non-teaching personnel. There are instances
when they tend to just take in any antibiotic when they feel sick. Probably because of the busyness in their work, they tend to self-medicate.

As health advocates, it is crucial to properly guide those under our care to truly understand that self-medication, especially, with antibiotics is a serious matter to understand first and remember when one tends to decide to self-medicate.

References:

