

PHARMACOEPIDEMOLOGICAL ANALYSIS OF THE CONSUMPTION OF NASAL DECONGESTANTS IN THE REPUBLIC OF SRPSKA

Ljubica Bojanić,^{1,2} Mirjana Đermanović,^{1,2}

¹*Institute for Public Health of the Republic of Srpska, Banja Luka, Republic of Srpska, Bosnia and Herzegovina*

²*University of Banja Luka, Faculty of Medicine, Department of Pharmacy, Banja Luka, Republic of Srpska, Bosnia and Herzegovina*

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Background: Nasal decongestants are drugs that are used to prevent excessive nasal secretions, and to facilitate breathing in case of a cold, allergy or other disorders of the upper respiratory tract. They are most often used locally in the form of sprays, nasal drops or inhalation products, but they can also be used orally in the form of tablets or capsules, alone or in combination with other medicines.

Monitoring the consumption of medicines is important for the analysis and improvement of its rational use, and the aim of this paper is to analyze the outpatient consumption of nasal decongestants for local administration, in the Republic of Srpska during the period from 2020 to 2022.

Methods and Objectives: The data were obtained from the Annually Drug Consumption Report of the Public Health Institute of the Republic of Srpska, and are expressed in defined daily doses per 1000 inhabitants per day (DID), in accordance with the recommendations and classifications of the World Health Organization.

Results: Among the drugs for the treatment of the respiratory tract, nasal preparations (drugs for the treatment of diseases of the nasal mucosa) are in second place, right after the drugs for the treatment of obstructive lung diseases. Among the nasal preparations, the sympathomimetics xylometazoline and oxymetazoline, and the combination of xylometazoline with dexpanthenol, are used the most, similarly to other countries in the region.

Conclusions: During the observed period, a slight increase in the consumption of nasal preparations was observed, and it is necessary to continue monitoring the trend of consumption and work on improving cooperation between doctors, pharmacists and patients in order to rationalize therapy and raise knowledge and awareness about the correct use of nasal decongestants in accordance with modern therapeutic guidelines.

Keywords: nasal drugs, consumption, DID