Chapter - VI

Recommendations and Suggestions for Further Research
RECOMMENDATIONS AND SUGGESTIONS FOR FURTHER RESEARCH

Recommendations

The following section offers some practical suggestions and specific recommendations for the more effective practice of alleviating drug misuse in today's and tomorrow's societies.

Preventing Medicine Misuse

The most promising approach to drug misuse prevention may be drug education programs that involve schools, communities, parents, students and law enforcement personnel.

The interventionists need to be aware to the pharmacist about the medicines that had the potential to be misused, and the reason why they might be misused. For the pharmacist, this makes it difficult to identify the products/medicines that are being misused and also the people who are misusing them.

In addition, pharmacist and their staff must be aware of the abuse potential of certain medicines particularly, minor or major tranquilizers and should not sell where there are reasonable grounds for suspecting misuse. In India, sometimes misuse is not on the part of the individual misusers but based on pharmacist's supply. If the pharmacist suspects misuse of medicine based on the ignorance of the correct use and indications for the prescribed medicine than it is important for him to intervene in the sale.

To help and prevent medicine misuse, health professionals should distribute leaflets that give patients more information about their
prescription drugs. Health professionals, government, and drug industry representatives should develop the action plan. Information in the leaflets must include the medicine's uses approved by Drug Controller of India, directions for use, and possible side effects. It must be scientifically accurate, unbiased, specific, complete, understandable, up-to-date and useful.

Health psychologists should offer counselling services to drug misusers. It must include all important aspects of the medicine such as its description, dosage form, length of treatment, special directions, common side effects of overdose or underdose, interactions, and their avoidance or remedy, and techniques for self-monitoring treatment, such as blood testing or taking insulin by diabetics.

Carmen Catizone, executive director of the National Association of boards of Pharmacy said "Patients should exercise that right, to make sure they have received the correct medicine and they completely understand how to take that medicine and what side effects there may be". [Source : The U.S. Food and Drug Administration (FDA)].

Researchers should explore the effects of both legal and illegal drugs, whether they may be intentionally abused or accidently misused. The abuse of illegal drugs and the misuse of physicalistic medicine can be harmful. It is recognized that misuse of some medicines can lead to addiction, so if misuse is common, could the problem of addiction be a significant and further research is needed to determine the true extent of the problem.
Accountability of prescriptions, printed coupons for prescribing medicines to outdoor patients must be introduced in every hospital. It should be routed through Department of Pharmacology for audit. For maintaining surprise checks should be carried out by health inspector at the drug store.

We often noticed that in drug store, majority of the people purchase medicines without having prescription. This factor plays a demonstrable role in misuse because the drug is so easily available at the drug store.

To prevent irrational prescription by the doctors, drug or medical education training programme should be reinforced with rational drug usage for the new prescribers or the interns. Indiscriminate and unconcerned prescription of antibiotics has led to the development of drug misuse. Some physicians inappropriately prescribe expensive antibiotics, which is counter productive to patients. WHO recommends research by educational institutions on the rational prescription of drugs by physicians, which can became the basis of regulatory legislation.

Every ill does not require a tablet or capsule. Drugs are not a substitute for preventive measure. Injudicious use or the drugs prescribed by other person may lead to adverse effects and may even invite premature death. Drug misusers are advised for extra vigilance. These guidelines have to be understood as the statements of the ideal, of the optimal.

**Who is to blame for the Drug Misuse?**

Todays medicines are more effective than ever before. However any medicine, if misused is potentially dangerous. Government must take
precautions to ensure that medications one takes are safe and effective. Doctors and pharmacists can help. But ultimately each one is responsible for how one should take medicines.

The doctors for prescribing the drug, particularly antibiotics for a common flu, or the patient who expects and demands the pill for every ill-a-worse, who even self medicates or consume medicines prescribed by other persons. Or, the pharmacist at the drug store for prescribing the substitute drug.

**Further Research Suggestions**

To explore systematically the relationship between drug misuse and health locus of control, and drug misuse and health consciousness, what the empirical data suggested was the importance of the problem that puts a premium on knowing what type of younger and older adults who had high/low IHLC, high/low PHLC, high/low CHLC, high, low and moderate health consciousness have the ability of misusing drugs.

After conducting the present study, researcher realize that there is really something significant that needed to be done in setting new avenues for research in this area.

Just because older adults misuse drugs to a greater extent, younger adults should not be ignored. There are signs that there has been a decline in emotional intelligence in the young people, relative to older people. Further research should examine the effort of an emotional intelligence of the misuser.
There are a few important variables that have received attention in psychology in the last two decades, but have recently emerged to help in both the better understanding and the effective application of positive psychology. The positive psychology movement draws attention on the constructs of optimism and its derivates of hope and happiness/subjective well-being, and self-efficacy. These positive psychological constructs within the context of personality or individual differences will serve as the moderator or mediator of drug misuse.

If questionnaire item scales are developed for assessing drug misuse, they should be tailor-made for each specific type of drugs. The content of such scales must represent other ways of drug misuse such as taking medication at wrong time, and stopping medication too soon.