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"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING OVER-THE-COUNTER DRUGS & ITS ADVERSE EFFECTS AMONG SCHOOL TEACHERS AT SELECTED SCHOOL OF THE CITY.

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BACKGROUND OF THE STUDY.

Shweta Shah 1, Aaron M. et al (2020) Understanding the Factors Influencing Older Adults' Decision-Making about Their Use of Over-The-Counter Medications—A Scenario-Based Approach The potential risks of over-the-counter (OTC) medications are often aggravated in vulnerable populations, such as older adults. The elevated patterns of older-adult OTC medication use do not necessarily translate into a greater understanding of these medications or their safety implications. The objective of this study was to assess how older adults' knowledge, beliefs, and attitudes inform their decision-making regarding OTC use. Situational interviews were conducted in three community pharmacies with 87 older-adult participants to capture how they intended to use an OTC medication. The interviews were transcribed and qualitatively

analyzed, generating seven key themes: (1) medication use concerns; (2) following label instructions; (3) wait time until medication effect; (4) responses to medication not working; (5) decision to stop medication; (6) sources of information; and (7) safety implications. A total of 87 older adults took part in the interview across three pharmacy settings, with 29 from each setting. The sample was older adults in the age range of 65–88 years, with the majority of the sample female (66%) and white (96%) and more than half being college graduates (59%). These older adults were on several prescription and/or other OTC medications (in the range of 1–33).This study shows substantial variations in older-adult OTC medication use while providing insight on factors that influence older adults' appropriate OTC medication use and, in some cases, the potential for harmful effects.[8]

OBJECTIVE OF THE STUDY

1. To assess knowledge regarding over-the-counter drugs & its adverse effect among school teachers at selected schools of the city.''

2. To assess effectiveness of structured teaching programmed on knowledge regarding over-the-counter drugs &its adverse effect among school teachers at selected schools of the city.''

3. To determine association between pretest knowledge score with selected demographic variable on knowledge regarding over counter drugs &its adverse drugs effect among school teachers selected school in the city.''

RESEARCH METHODOLOGY

According to Polit DF, Beck CT. (2008) A research methodology defines what the activity of research is, how to proceed, how to measure progress and what constitutes success. The methodological decisions paves crucial implications for validity and credibility of the study findings, methodology of research indicates the general pattern of organizing the procedure for the empirical study together with the method of obtaining valid and reliable data for an investigation.[46]

This chapter deals with the structured frame work to conduct this study. It encompasses research approach, research design, settings, population, sample, criteria, sampling technique, description of the tool, validity and reliability of the tool, pilot study, data collection procedure, plan for data analysis.

RESULT

1. Regarding Age, 32.10% of school teachers were in the age group of 25.35 years, 31.40% in 36-45 years, 17.90% in 46-55 years and 18.60% of school teachers were in the age group of more than 45 years.
2. Regarding Gender, 60.70% of school teachers were males and 39.30% of them were females.
3. Regarding Religion 40% of school teachers were hindus, 25.70% were Christian, 15% were muslim and 19.30% of them were others.
4. Regarding Marrital Status, 11.40% of school teachers were unmarried, 82.90% were married and 5.70% of them were widow and divorced.
5. Regarding Education Status, 19.30% of school teachers were graduate and 80.70% of them were postgraduate and above.
6. Regarding Monthly Family Income 22.10% of school teachers had monthly family income of less than 15000 Rs, 42.90% had between 15001-25000 Rs, 23.60% of them had between 25001-35000 Rs and 11.40% of them had more than 35000 Rs.

7. Regarding Type of Family, 65.70% of school teachers were from nuclear families and 34.30% of them were from nuclear families.

Regarding Feel access to Hospital, 72.90% of school teachers feels inconvenient and 27.10% of them feels convenient about access to hospital.

SECTION A

This section deals with percentage wise distribution of School teachers with regards to their demographic characteristics. A convenient sample of 140 subjects was drawn from the study population, who were from selected schools of the city. The data obtained to describe the sample characteristics including age, gender, religion, marital status, educational status, monthly income, type of family and feel access to hospital respectively.

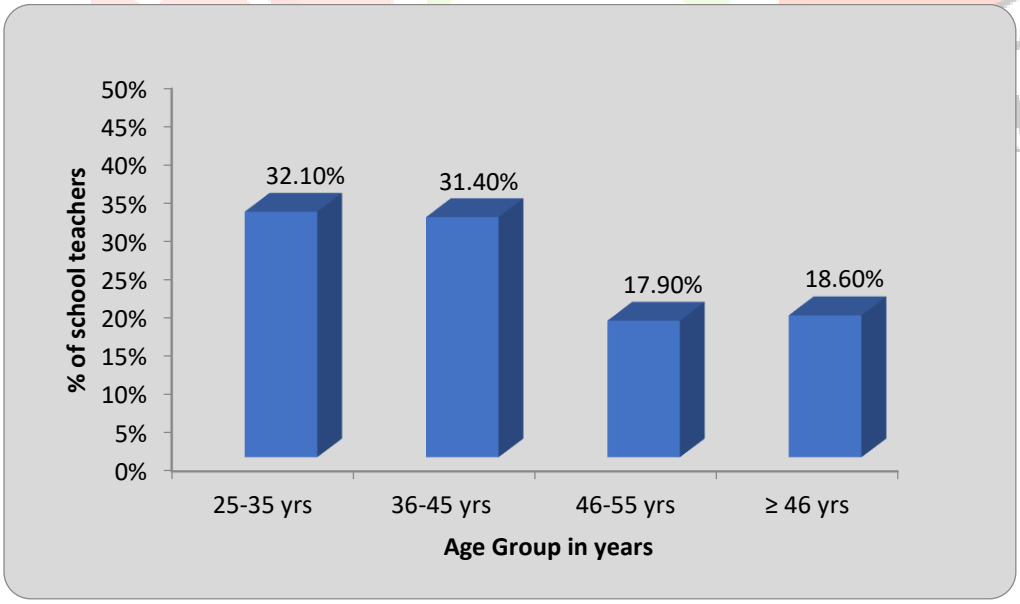
Table 1: Percentage wise distribution of School Teachers according to their demographic characteristics.

n=140

Demographic Variables	**No. of School Teachers**	**Percentage(%)**
Age in years		
25-35 yrs	45	32.1
36-45 yrs	44	31.4
46-55 yrs	25	17.9
≥ 46 yrs	26	18.6
Gender		
Male	85	60.7
Female	55	39.3
Other	0	0
Religion		
Hindu	56	40.0
Christian	36	25.7
Muslim	21	15.0
Others	27	19.3
Marital Status		
Unmarried	16	11.4
Married	116	82.9
Widow and divorced	8	5.7

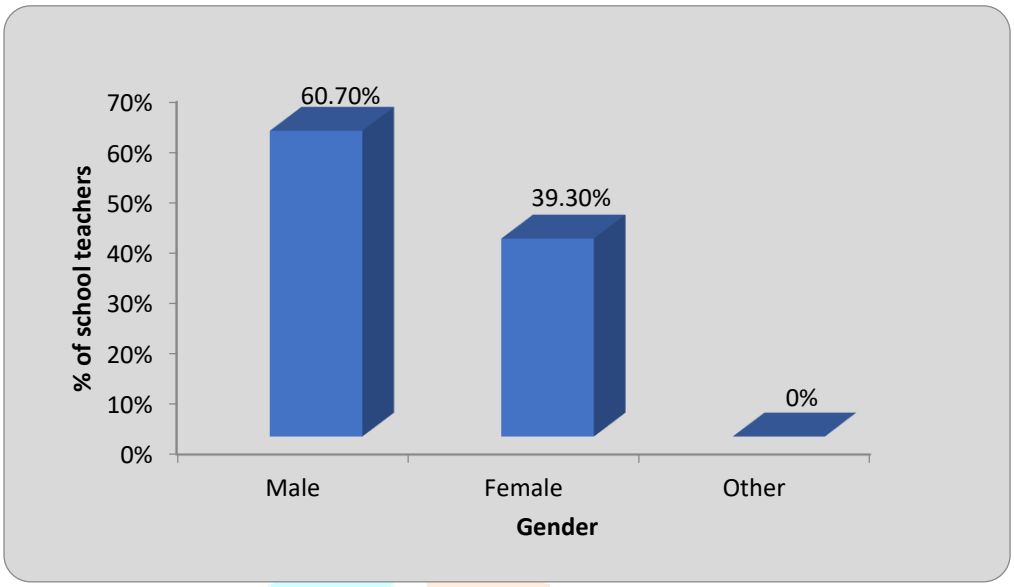
Educational Status		
Graduate	27	19.3
PG and above	113	80.7
Family Income(Rs)		
≤15000 Rs	31	22.1
15001-25000 Rs	60	42.9
25001-35000 Rs	33	23.6
>35000 Rs	16	11.4
Type of family		
Nuclear	92	65.7
Joint	48	34.3
Feel to access hospital		
Inconvenient	102	72.9
Convenient	38	27.1

Graph 1: Percentage wise distribution of School Teachers according to their age in years



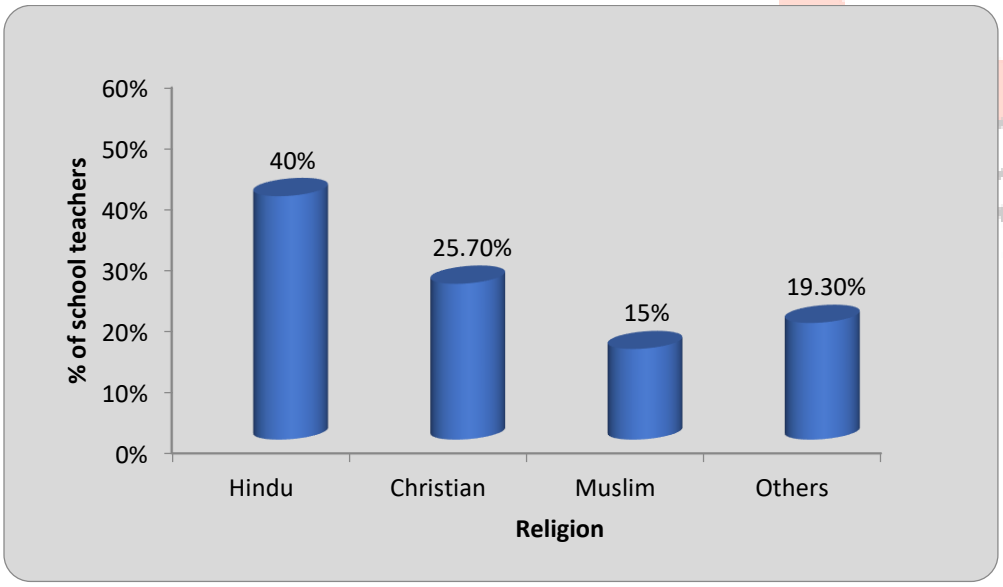
32.10% of school teachers were in the age group of 25.35 years, 31.40% in 36-45 years, 17.90% in 46-55 years and 18.60% of school teachers were in the age group of more than 45 years.

Graph 2: Percentage wise distribution of School Teachers according to their Gender



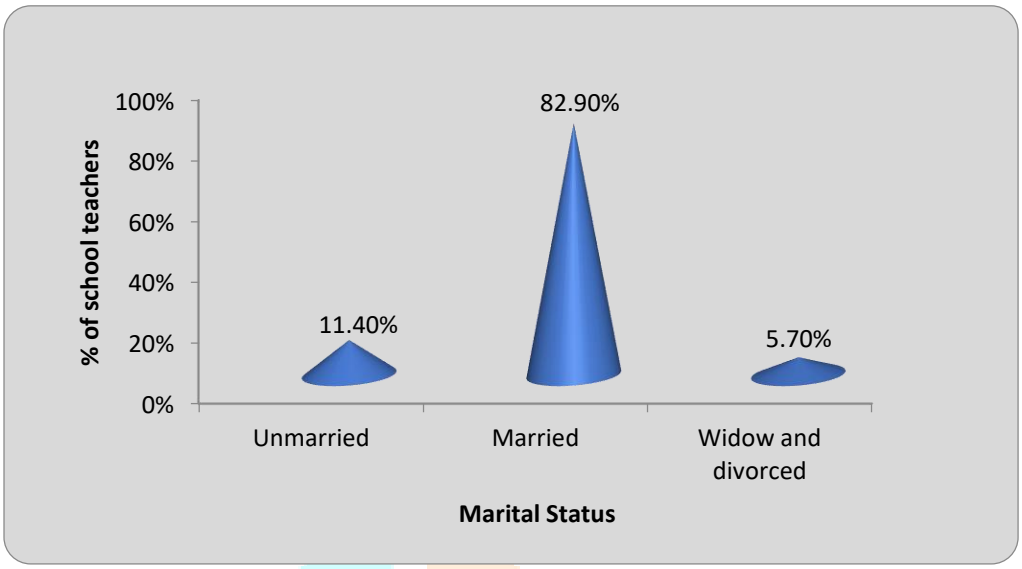
60.70% of school teachers were males and 39.30% of them were females.

Graph 3: Percentage wise distribution of School Teachers according to their Religion



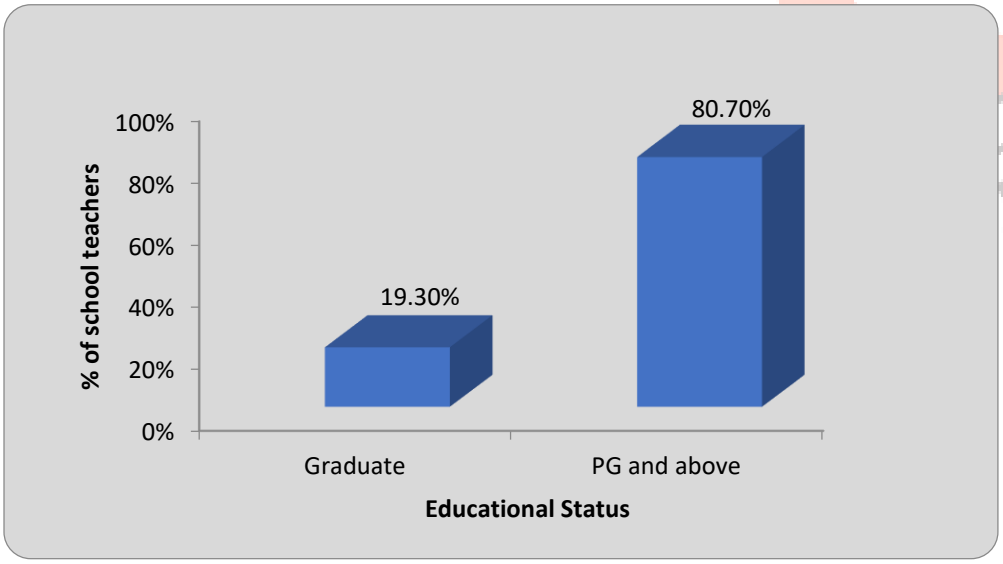
40% of school teachers were hindus, 25.70% were Christian, 15% were muslim and 19.30% of them were others.

Graph 4: Percentage wise distribution of School Teachers according to their Marital Status



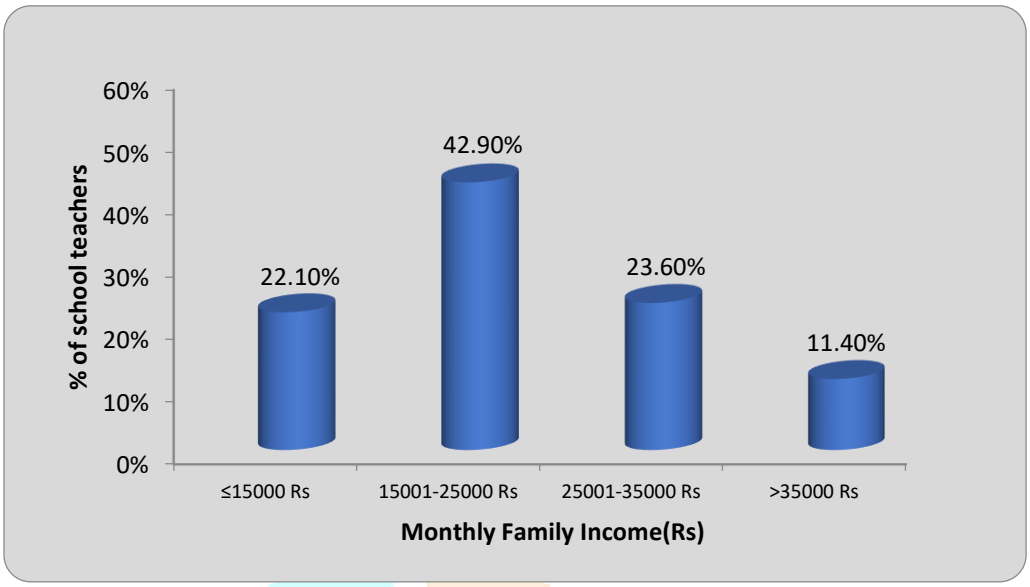
11.40% of school teachers were unmarried, 82.90% were married and 5.70% of them were widow and divorced.

Graph 5: Percentage wise distribution of School Teachers according to their Educational Status



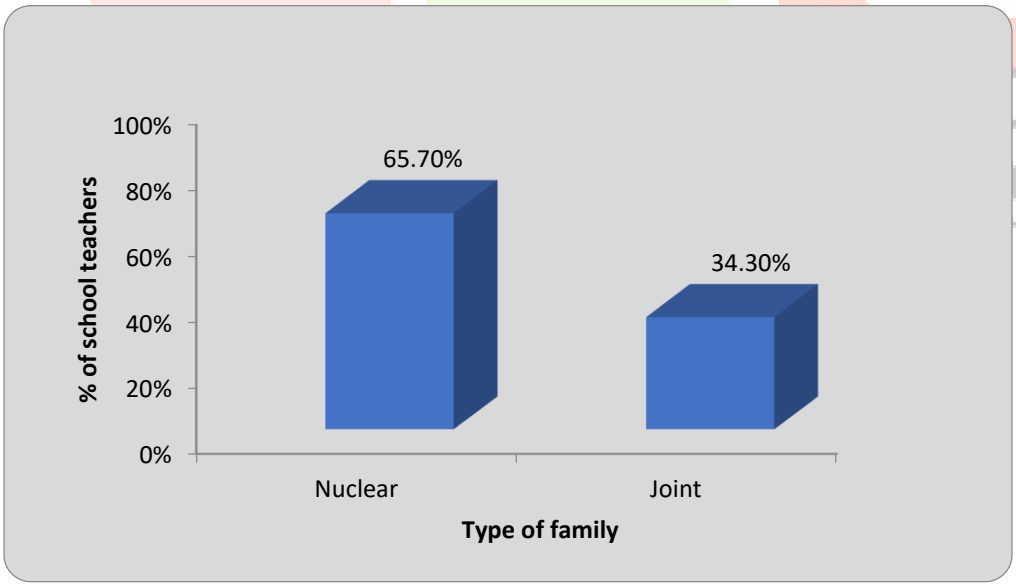
19.30% of school teachers were graduate and 80.70% of them were postgraduate and above.

Graph 6: Percentage wise distribution of School Teachers according to their family income(Rs)



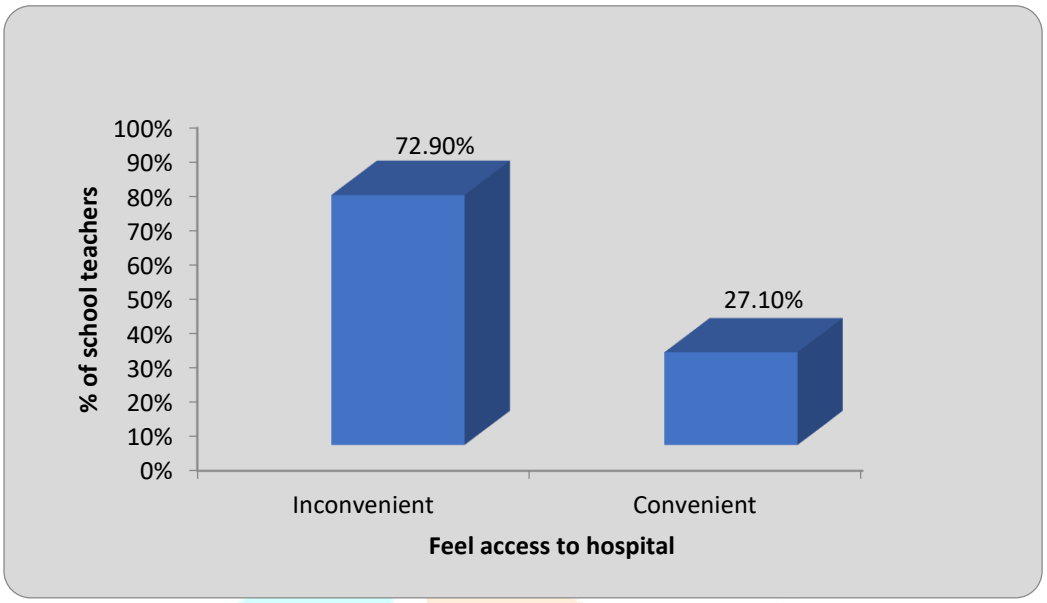
22.10% of school teachers had monthly family income of less than 15000 Rs, 42.90% had between 15001-25000 Rs, 23.60% of them had between 25001-35000 Rs and 11.40% of them had more than 35000 Rs.

Graph 7: Percentage wise distribution of School Teachers according to their type of family



65.70% of school teachers were from nuclear families and 34.30% of them were from nuclear families.

Graph 8: Percentage wise distribution of School Teachers according to their feeling access to hospital



72.90% of school teachers feels inconvenient and 27.10% of them feels convenient about access to hospital.

SECTION B

ASSESSMENT OF LEVEL OF THE KNOWLEDGE REGARDING OVER-THE-COUNTER DRUGS AND IT'S ADVERSE EFFECTS AMONG SCHOOL TEACHERS AT SELECTED SCHOOLS OF THE CITY.

This section deals with the assessment of level of knowledge regarding over-the-counter drugs and it's adverse effects among school teachers at selected schools of the city. The level of knowledge score is divided under following heading of poor, average, good and very good respectively.

Table 2: Assessment with level of pre test knowledge score

n=140

Level of Pre Test Knowledge Score	Score Range	Level of Pre Test Knowledge Score	
		No of School Teachers	Percentage
Poor	0-7	31	22.1
Average	8-14	103	73.6
Good	15-21	6	4.3

Very Good	22-28	0	0
Minimum score		5	
Maximum score		21	
Mean Knowledge score		9.55±2.42	
Mean % Knowledge score		34.13±8.67	

The above table shows that 22.1% of School Teachers in pre test had poor level of knowledge score, 73.6% had average and 4.3% of School Teachers had good level of knowledge score. Minimum knowledge score in pretest was 5 and maximum knowledge score in pre test was 21. Mean knowledge score in pretest was 9.55±2.42 and mean percentage of knowledge score in pre test was 34.13±8.67.

Graph 9: Assessment with level of pre test knowledge score

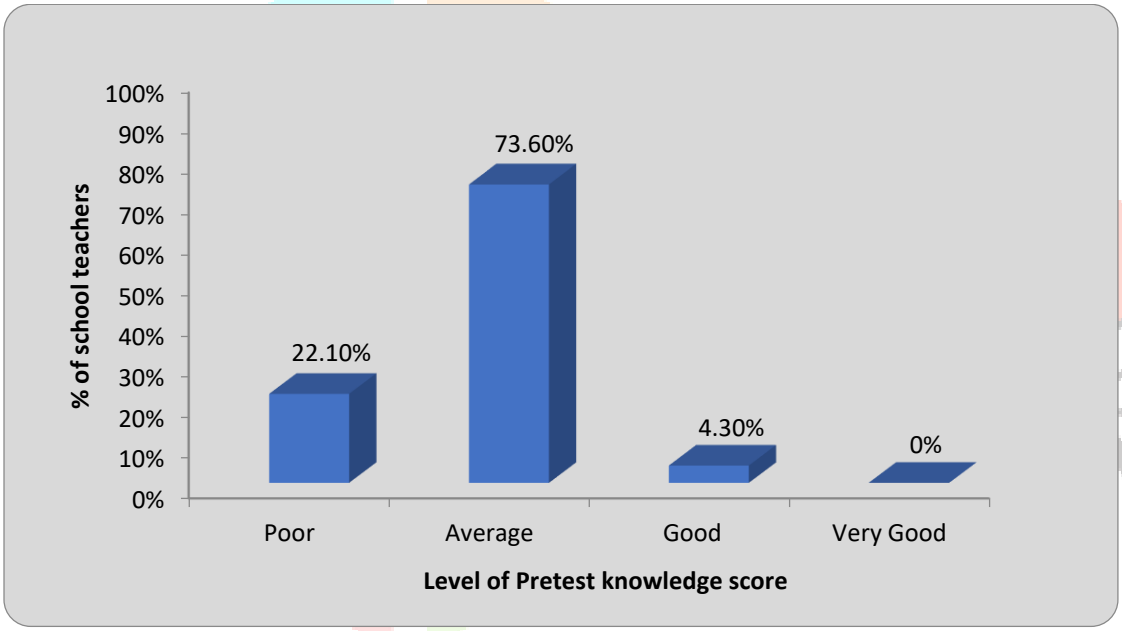


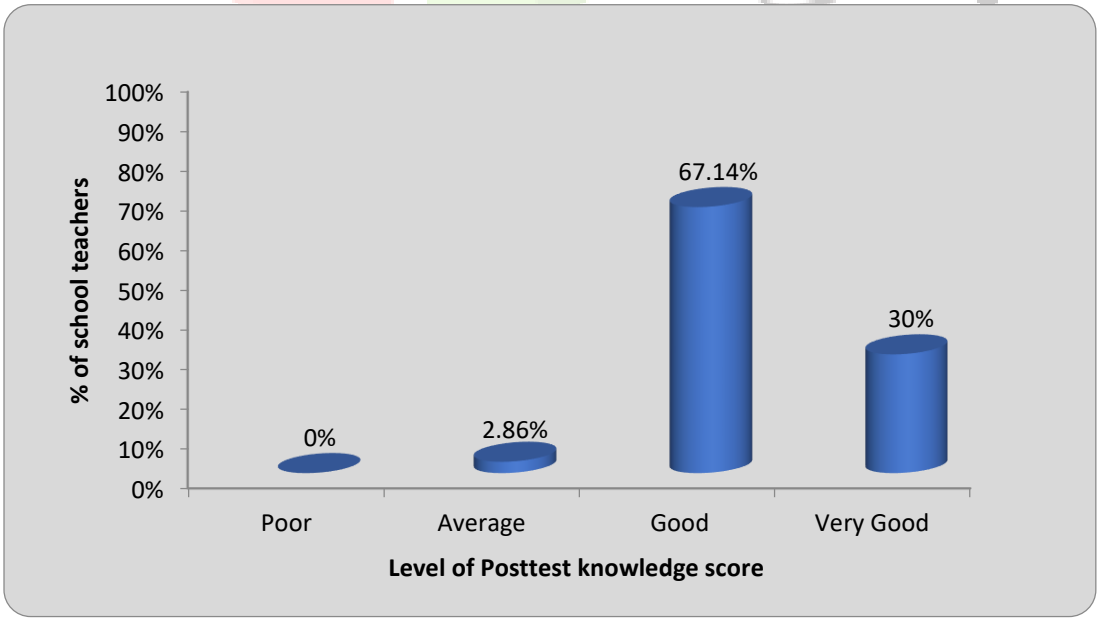
Table 3: Assessment with level of post test knowledge score

n=140

Level of Post Test Knowledge Score	Score Range	Level of Post Test Knowledge Score	
		No of School Teachers	Percentage
Poor	0-7	0	0
Average	8-14	4	2.86
Good	15-21	94	67.14
Very Good	22-28	42	30
Minimum score		9	
Maximum score		24	
Mean Knowledge score		19.80±2.49	
Mean % Knowledge score		70.71±8.91	

The above table shows that 2.86% of School Teachers in post test had average level of knowledge score, 67.146% had good and 30% of School Teachers had very good level of knowledge score. Minimum knowledge score in posttest was 9 and maximum knowledge score in post test was 24. Mean knowledge score in posttest was 19.80±2.49 and mean percentage of knowledge score in post test was 70.71±8.91.

Graph 10: Assessment with level of post test knowledge score



SECTION C

EVALUATION OF EFFECTIVENESS OF THE STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING OVER-THE-COUNTER DRUGS AND IT'S ADVERSE EFFECTS AMONG SCHOOL TEACHERS AT SELECTED SCHOOLS OF THE CITY.

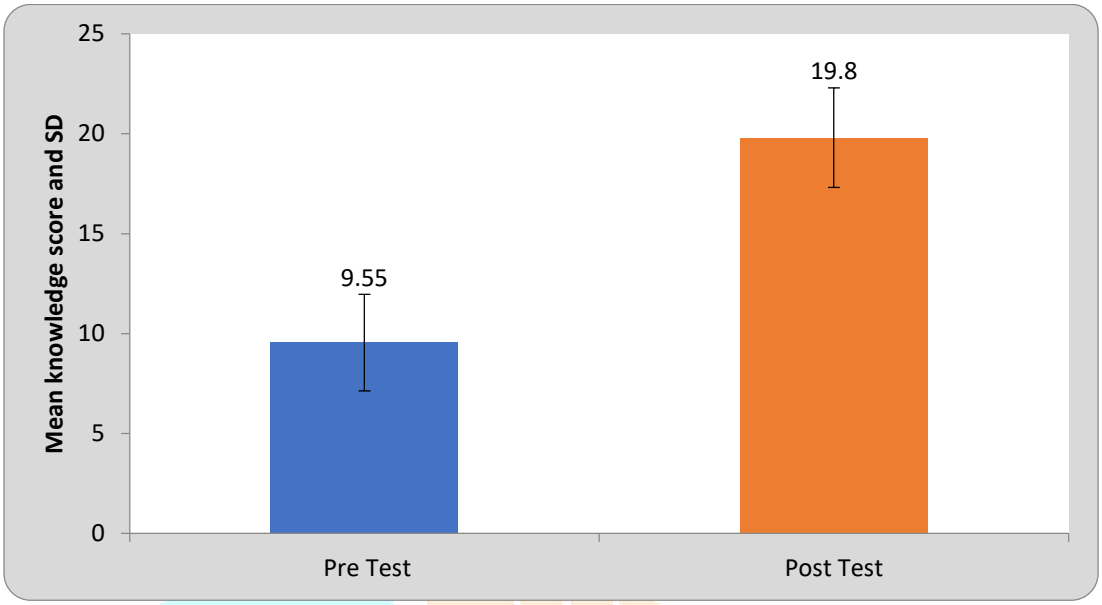
This section deals with the effectiveness of Structured Teaching Programme on knowledge regarding over-the-counter drugs and it's adverse effects among school teachers at selected schools of the city. The hypothesis is tested statistically with distribution of pretest and posttest mean and standard deviation and mean percentage knowledge score. The levels of knowledge score during the pretest and post test are compared to prove the effectiveness of Structured Teaching Programme. Significance of difference at 5% level of significance is tested with student's paired 't' test and tabulated 't' value is compared with calculated 't' value. Also the calculated 'p' values are compared with acceptable 'p' value i.e. 0.05.

Table 4 : Significance of difference between Knowledge Score in pre and post test of School Teachers n=140

Overall	Mean	SD	Mean Difference	t-value	p-value
Pre Test	9.55	2.42	10.24±2.92	41.39	0.0001
Post Test	19.80	2.49			S,p<0.05

This table shows the comparison of pretest and post test Knowledge score of school teachers regarding over-the-counter drugs and it's adverse effects from selected school of the city. Mean, standard deviation and mean difference values are compared and student's paired 't' test is applied at 5% level of significance. The tabulated value for n=140-1 i.e. 139 degrees of freedom was 1.96. The calculated 't' value i.e. 41.39 are much higher than the tabulated value at 5% level of significance for overall knowledge score of School Teachers which is statistically acceptable level of significance. Hence it is statistically interpreted that Structured Teaching Programme on knowledge regarding over-the-counter drugs and it's adverse effects among school teachers from selected school of the city was effective. Thus the H_1 is accepted.

Graph 11: Significance of difference between Knowledge Score in pre and post test of School Teachers



SECTION D

ASSOCIATION OF LEVEL OF PRE TEST KNOWLEDGE SCORE REGARDING OVER-THE-COUNTER DRUGS AND IT'S ADVERSE EFFECTS AMONG SCHOOL TEACHERS IN RELATION TO THEIR DEMOGRAPHIC VARIABLES

Table 4: Association of post test knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers in relation to their age in years

n=140

Age in year	No of school teachers	Poor	Average	Good	Very Good	⍺2-value	p-value
25-35 yrs	45	8	36	1	0	5.86	0.43 NS,p>0.05
36-45 yrs	44	9	31	4	0		
46-55 yrs	25	8	17	0	0		
≥ 46 yrs	26	6	19	1	0		

This table shows the association of knowledge score regarding over-the-counter drus and it's adverse effects among school teachers from selected schools of the city with their age in years. The tabulated 'χ^2' values was 12.59(df=6) which is higher than the calculated 'χ^2' i.e. 5.86 at 5% level of significance. Also the calculated 'p'=0.43 which was higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that age in years of school teachers is statistically not associated with their pre test knowledge score.

Table 5: Association of post test knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers in relation to their Gender

n=140

Gender	No of school teachers	Poor	Average	Good	Very Good	⍺2-value	p-value
Male	85	22	59	4	0	1.96	0.37 NS,p>0.05
Female	55	9	44	2	0		
Other	0	0	0	0	0		

This table shows the association of knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers from selected schools of the city with their gender. The tabulated 'χ^2' values was 5.99(df=2) which is higher than the calculated 'χ^2' i.e. 1.96 at 5% level of significance. Also the calculated 'p'=0.37 which was higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that gender of school teachers is statistically not associated with their pre test knowledge score.

Table 6: Association of post test knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers in relation to their Religion

n=140

Religion	No of school teachers	Poor	Average	Good	Very Good	ϰ2-value	p-value
Hindu	56	11	42	3	0	4.58	0.59 NS,p>0.05
Christian	36	5	30	1	0		
Muslim	21	6	14	1	0		
Others	27	9	17	1	0		

This table shows the association of knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers from selected schools of the city with their religion. The tabulated 'χ^2' values was 12.59(df=6) which is higher than the calculated 'χ^2' i.e. 4.58 at 5% level of significance. Also the calculated 'p'=0.59 which was higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that religion of school teachers is statistically not associated with their pre test knowledge score.

Table 7: Association of post test knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers in relation to their Marital Status

n=140

Marital Status	No of school teachers	Poor	Average	Good	Very Good	ϰ2-value	p-value
Unmarried	16	2	12	2	0	4.50	0.34 NS,p>0.05
Married	116	28	84	4	0		
Widow and divorced	8	1	7	0	0		

This table shows the association of knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers from selected schools of the city with their marital status. The tabulated 'χ^2' values was 9.49(df=4) which is higher than the calculated 'χ^2' i.e. 4.50 at 5% level of significance. Also the calculated 'p'=0.34 which was higher than the acceptable level of significance i.e. 'p'=0.05.

Hence it is interpreted that marital status of school teachers is statistically not associated with their pre test knowledge score.

Table 8: Association of post test knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers in relation to their Educational Status

n=140

Educational Status	No of school teachers	Poor	Average	Good	Very Good	χ^2-value	p-value
Graduate	27	9	18	0	0	3.54	0.17 NS,p>0.05
PG and above	113	22	85	6	0		

This table shows the association of knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers from selected schools of the city with their educational status. The tabulated 'χ^2' values was 5.99(df=2) which is higher than the calculated 'χ^2' i.e. 3.54 at 5% level of significance. Also the calculated 'p'=0.17 which was higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that educational status of school teachers is statistically not associated with their pretest knowledge score.

Table 9: Association of post test knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers in relation to their Family Income(Rs)

n=140

Family Income(Rs)	No of school teachers	Poor	Average	Good	Very Good	χ^2-value	p-value
≤15000 Rs	31	5	24	2	0	4.10	0.66 NS,p>0.05
15001-25000 Rs	60	12	47	1	0		
25001-35000 Rs	33	10	21	2	0		
>35000 Rs	16	4	11	1	0		

This table shows the association of knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers from selected schools of the city with their monthly family income(Rs). The tabulated 'χ^2' values was 12.59(df=6) which is higher than the calculated 'χ^2' i.e. 4.10 at 5% level of significance. Also the calculated 'p'=0.66 which was higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that monthly family income(Rs) of school teachers is statistically not associated with their pre test knowledge score.

Table 10: Association of post test knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers in relation to their type of family

n=140

Type of family	No of school teachers	Poor	Average	Good	Very Good	ϰ2-value	p-value
Nuclear	92	21	68	3	0	0.71	0.69
Joint	48	10	35	3	0		NS,p>0.05

This table shows the association of knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers from selected schools of the city with their type of family. The tabulated 'χ^2' values was 12.59(df=6) which is higher than the calculated 'χ^2' i.e. 0.71 at 5% level of significance. Also the calculated 'p'=0.69 which was higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that type of family of school teachers is statistically not associated with their pre test knowledge score.

Table 11: Association of post test knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers in relation to their feeling to access hospital

n=140

Feel to access hospital	No of school teachers	Poor	Average	Good	Very Good	ϰ2-value	p-value
Inconvenient	102	25	73	4	0	1.27	0.52
Convenient	38	6	30	2	0		NS,p>0.05

This table shows the association of knowledge score regarding over-the-counter drugs and it's adverse effects among school teachers from selected schools of the city with their feelings to access hospital. The tabulated 'χ^2' values was 5.99(df=2) which is higher than the calculated 'χ^2' i.e. 1.27 at 5% level of

significance. Also the calculated 'p'=0.52 which was higher than the acceptable level of significance i.e. 'p'=0.05. Hence it is interpreted that feelings to access hospital of school teachers is statistically not associated with their pre test knowledge score.

Table 12: Reliability Analysis: Parallel Form method of reliability

	Reliability
Pearson's Correlation Coefficient	0.825
Reliability(%)	0.9041

By using Parallel form method of reliability, it is found to be 0.9041 for knowledge score and hence tool is reliable and valid.

DISCUSSION

Hina Hyder et al. (2023) Conducted the study on to Assess the Knowledge and Practice regarding OTC drugs among BSc. Self medication with over the counter (OTC) drugs is common among medicine and nursing students. Despite all their benefits, improper use of medicines can bring potential health hazards and evidence continue to mount that adverse reaction to medicines are common and yet often preventable. Over the counter drugs means drugs which are allowed to be sold by pharmacists without need for a prescription. The term does not have a legal definition in India. The objective are, To assess the level of knowledge of B.Sc Nursing students regarding OTC drugs, To assess the practice of B.Sc Nursing students regarding OTC drugs, To determine the association of knowledge of B.Sc Nursing students with the demographic variables, To determine the association of practice among B.Sc Nursing students with the demographic variables. To determine the correlation between knowledge and practice of B.Sc Nursing students regarding OTC drugs. Descriptive research design and purposive sampling technique was used for the study. 60 B.Sc Nursing students were selected from NS Memorial College of Nursing, Kollam. The study reveals that, Analysis of knowledge of B.Sc(N) students regarding OTC drugs shows that 15% had inadequate knowledge, 48.3% had moderate knowledge and 36.7% had adequate knowledge level. Analysis of the practice of 60 B.Sc(N) students regarding OTC drugs shows that 88.5% had bad practice and 11.5% had good practice level.[59]

Archana T Maurya et al. (2021) Conducted the study on Effectiveness of Self-instructional Modules on Knowledge Regarding Side-effects of Self-medication among Adolescents. Self-medication is an old practice and may be defined as drug acquisition and consumption without physician's advice for diagnosis, prescription, or treatment monitoring. To evaluate the effectiveness of self-instructional module on knowledge of side-effects regarding self-medication among adolescents. The present study with pre and post test design was conducted on 70 adolescents selected from Wardha, Maharashtra, India. The adolescents were selected based on non probability convenient sampling technique. Descriptive statistics were used to analyse the data. Paired t-test was used to compute the mean, Standard Deviation (SD) and mean percentages. The unpaired t-test and one-way ANOVA were used to associate the demographic variables with level of knowledge. Majority of the subjects were in the age group of 17 years and were females. Pre-test mean score was 10.91 and post-test mean score was 19.03. The effectiveness of the self instructional modules on the knowledge regarding side-effects of self-medication was statistically

significant (p=0.034). The current study revealed that a self-instructional module as a mode of teaching on side-effects of self-medication effectively improved the knowledge level of adolescents.[60]

Prashant Narang, et al. (2023) Conducted the study on Regulatory, safety and economic considerations of over-the-counter medicines in the Indian population. Over-the-counter (OTC) medication has been an integral component of an established health care system but their easy accessibility might pose significant risks. This review has attempted to highlight the present scenario of OTC utilization in India, regarding standard practices followed globally. An attempt has also been made to highlight the lifecycle of a prescription and OTC medicine and the benefits and regulatory process involved in the prescription-to-OTC switch. A paradigm shift has been observed in self-medication practice with OTC medicines in recent times and has become a widespread practice worldwide. Numerous key drivers, such as increasing consumer awareness, broader con sumer access to essential medication, and socio-economic benefits to the public health care system, have advocated this practice. On the other hand, self-medication using OTC is also inextricably linked with inevitable risks such as excessive drug dosage, polypharmacy, drug abuse, and drug interactions. Nevertheless, these issues could be further regulated by employing a defined OTC framework. The government of India has recognized the utmost need to develop a robust policy framework for the effective utilization of OTC drugs. Also, various initiatives toward modifying existing laws or developing new OTC drug policies has been taken. Prioritizing the utmost safety of the consumers and evident need of strong regulatory framework with respect to OTC drugs, the term "OTC" has been recommended as a distinct category of drugs by Government of India. This review has highlighted various factors that can play an essential role in OTC utilization and can be considered during policy reformation.[61]

Pankajkumar Masara, et al. (2023) Conducted the study on, use of over-the-counter drugs among 2nd year medical students – A cross-sectional study. Over-the-counter (OTC) drug is a medicine that is available without a prescription, and hence also referred to as "nonprescription drug." The sale of OTC medicines from pharmacies can help individual's self-manage symptoms. However, some OTC medicines may be abused, with addiction and harms being increasingly recognized and found to be more common in undergraduate medical students. Objective of this study to analyze the use of OTC drugs among 2nd year medical students. A prospective, cross-sectional, and questionnaire based study was conducted among 2nd year medical students of Belagavi Institute of Medical Sciences Belagavi. Details and purpose of the study were explained to students and informed consent was taken. Questionnaires consist of 25 questions related to use of OTC drugs, their knowledge and attitude toward OTC drugs. Questionnaires are then collected back from students on the spot after 15 min. All the data pooled and results are analyzed in descriptive statistics. A total of 88 respondents were analyzed, 87.5% participants knew the definition of OTC and 69.5% use medication without prescription. All the students practiced self-medication however only 37.5% students agree with practice. Fever, cold, and headache are the most common condition for using OTC drugs. Analgesic, antipyretics, and antihistamines are the highest among OTC stocked at home. About 61.3% students have knowledge of Adverse Drug Reactions associated with OTC drugs. Use of OTC drugs is common form of health care having potential benefits and health hazards. Awareness should be created among students to restrict the use of self-medication and pharmacists toward sale of drugs without prescription.[62]

Bouddh et al. (2024) Conducted A Survey Study on Use of Over the Counter (OTC) Drugs among Medical Students in a Tertiary Care Centre: A Cross Sectional Questionnaire Based Study. Over The Counter (OTC) drugs are drugs which can be sold in the pharmacy without the prescription. Despite all their benefits, improper use of medicines can bring potential health hazards. However, some OTC medicines may be abused, with addiction and harms being increasingly recognized and found to be more common in undergraduate medical students. To analyze the use of OTC drugs among 2nd year medical students to

intern doctor at Government Medical College, Datia (M.P.) A prospective, cross-sectional study was conducted among 2nd year medical students to intern doctors of GMC, Datia, (M.P.). Questionnaires, consisting of 30 questions related to OTC drugs, it's about their knowledge, attitude and practice was filled by participant within 15 minutes of time. Out of total of 244 participants, 97.9% participants knew the definition of OTC. 79.1% participant bought medicine without prescription. 63.3% believe drugs advertised on television and Social Media are not reliable. 38.7% agree to share OTC medication with others & 23% disagreed and rest were neutral. 56.4% participants consume OTC drugs when symptoms are minor. 40.8% use more commonly in fever and headache followed by 33.2% cough & cold then diarrhoea. 64% participants feel adverse effects after OTC drugs consumed. Medical students are the future medicine practitioners with well exposed to the knowledge about drugs and diseases. And they have a potential role in counselling the patients about advantages and disad vantages of OTC drugs.[63]

NURSING IMPLICATION

The implication drawn from the present study is of vital concern to health team including nursing services, nursing education, nursing administration and nursing research**.**

Nursing practice

By utilizing OTC drugs in nursing practices, nurse can provide high- quality , patient- centered care and promote optimal health outcomes. Students nurse can do patient education, Symptom Management, Health Maintenance, Collaboration with health care providers and Best Practices including Document OTC drug use.

Nursing education

In Nursing Education, over the counter drug are often used as teaching tool to help students learn about various aspect of pharmacology, patient care, and clinical decision making. Also used in teaching pharmacology concept including, drug classification, Mechanism of Action, Side Effect of Interaction. By incorporating OTC Drug into nursing education, students devlop a comprehensive understanding of pharmacology, critical thinking skill, and patient – centered care principles.

Nursing administration

The health administrator of nursing at the national, state, district, institutional and local level should focus their attention on making the public conscious about the over the Counter Drugs.

Nursing administration should arrange seminars and symposiums for the nurses in order to highlight the magnitude of the problem regarding Consumption of Over the Counter Drugs and its Side Effects.

Nursing administration should recommend to the superior for the supply of suitable poster, pictures, pamphlets, model, flash card etc. can be displayed in the hospital and Administer level. Nursing administrator should co-ordinate with other health team administrator in planning, implementing and evaluating the health programme related to prevention over the counter drugs.

Nursing research

The findings of the study help the professional nurse and students to develop inquiry by providing a baseline. The general aspect of the study result can be made by further replication of the study helps the nurse researchers to develop insight in to the development of teaching module and set of information for various aspects of knowledge and adverse effect of Over the Counter Drugs.

RECOMMENDATIONS

1) A comparative study can also be done between Government School Teachers and Private School Teachers rural adolescent girls.
2) A similar study can be conducted by using experimental and control groups.
3) A similar study can be conducted by using video assisted teaching.
4) A similar study can be done on a other than School teachers sample to generalize the findings.

CONCLUSION

The level of knowledge score in post-test, 2.86% of School Teachers had average level of knowledge score, 67.146% had good and 30% of School Teachers had very good level of knowledge score. the Defrance between of pretest and post test Knowledge score of school teachers regarding over-the-counter drugs and it's adverse effects from selected school of the city. Mean, standard deviation and mean difference values are compared and student's paired 't' test is applied at 5% level of significance. The tabulated value for n=140-1 i.e. 139 degrees of freedom was 1.96. The calculated 't' value i.e. 41.39 are much higher than the tabulated value at 5% level of significance for overall knowledge score of School Teachers which is statistically acceptable level of significance. Hence it is statistically interpreted that Structured Teaching Programme on knowledge regarding over-the-counter drugs and it's adverse effects among school teachers from selected school of the city was effective. Thus the H_1 is accepted.

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