

EMERGENCY MEDICAL SERVICE

RATOWNICTWO MEDYCZNE

ELECTRONIC VERSION



AMBULANCE DRIVERS' KNOWLEDGE OF DRIVING AN EMERGENCY VEHICLE

ASSESSMENT OF PAIN MANAGEMENT AND ANALGESIA TRENDS

OPTIMIZING THE POLISH LIFELINE

HEAD INJURIES

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SELF-MEDICATION PRACTICE AS AN ALTERNATIVE TO TREATING PATIENTS WHO NEED AN EMERGENCY DENTAL CARE: THE REALITIES OF TODAY

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Introduction: Dental diseases are quite common in our society. At the same time, the symptoms of dental pathology are varied. This may be a carious cavity or discoloration of the tooth, bad breath, bleeding gums, tooth mobility, calculus, soft tissue swelling, etc. Any of these conditions require professional intervention, which may be in the form of emergency or palliative care. Pain in its different manifestations is still in the first place among the complaints of dental patients. It creates discomfort and requires emergency care. In addition, this symptom is often accompanied by a certain fear of dental intervention, conscious or forced postponement of the visit as well as self-medication practice to eliminate the problem. The availability of analgesics, anti-inflammatory and antibacterial drugs, which has existed for a long time, has created a tendency for self-medication in the society, including manifestations of dental diseases accompanied by pain. Doctors of all specialties are facing a global problem - microbial resistance to antibiotics, which has developed against the background of their irrational administration. Currently, this access is limited, as the Law on the Regulation of Antibiotic Sales by Introducing an Electronic Doctor's Prescription has come into force. It should be remembered that pain is given to us to warn us of danger. And it is logical that in case of pain, a person would turn to the experience of generations, to eliminate the disease at an early stage. The ancient manuscripts recommended the application of essential oils topically, orally, or in aroma lamps and smoking pipes, Well-known spices and herbs such as cloves, thyme, mint, lavender, garlic, cinnamon, salvia, chamomile, calendula, mallow, nettle and others have long been used in nontraditional medicine in different regions of the world to treat many diseases. And nowadays, despite the level of medical development, this is a fairly common experience around the whole world, as demonstrated by numerous studies. Access to outpatient dental care is currently problematic in many regions of Ukraine that are located near the hostilities zone. When faced with a situation involving dental or orofacial pain, patients are forced to seek pain-reducing remedies on their own.

The aim: To investigate the range of agents used by patients to relieve pain in conditions of limited access to outpatient dental care.

Materials and methods: A survey of patients who sought emergency dental care was conducted. Also they had toothache of varying intensity and limited access to outpatient dental care in several days before the visit. The application form contained questions about the means used to relieve pain.

Results: A total of 87 people took part in the survey. Pain associated with caries complications was experienced by 62 people (or 71.3%). Twenty-five people (or 28.7%) came to the clinic with pain due to periodontal disease. The results of the questionnaires revealed the use of both pharmacological and non-pharmacological means to relieve pain symptoms. The list of pharmacological products includes oral nonsteroidal anti-inflammatory drugs such as paracetamol, nimesil, ibuprofen, and antibiotics. Among the non-pharmacological remedies, respondents mentioned salt water rinses, chewed garlic, or taped to the wrist. They also used other herbal remedies such mixture of clove and olive oils, peppermint tea, tincture of calendula and chamomile decoction that were rinsed oral cavity, placed into a caries cavity, applied on a gingiva. Several patients reported drinking excessive amounts of alcohol and smoking tobacco and cannabis.

Conclusions: Self-medication practice is typical not only for people with financial problems. Lack of time, environmental conditions or negative treatment experiences also "push" financially independent patients to seek this practice. It should be noted that even if the remedy was chosen properly, the method of its application was not always correct. Methods of health education among the Ukrainian population should be strengthened. It is essential to pay attention to the online consultations available now. They allow patients to access distant medical diagnostic methods, treatment and monitoring, as using even well-known prescriptions without consulting a doctor can be harmful to health.

Ключові слова: Ключові слова: самолікування, невідкладна стоматологічна допомога, зубний та орофасціальний біль

Key words: self-medication practice, emergency dental care, dental and orofacial pain