

**PP 12****Assessing Knowledge, Practice and Usage of Pain Relievers among Students in a Private Educational Institute in Sri Lanka**

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**Background:** Pain relievers are medications that use in different ways to alleviate various forms of body-experienced pain. Over-the-counter analgesics widely used by the public are paracetamol, opioids and non-steroidal anti-inflammatory drugs. University students are constantly under pressure to work hard to achieve their goals, leaving little room for a minor illness which could lead to the consumption of analgesics as a 'quick fix' together with a typical student's social life.

**Objectives:** To assess the knowledge, practice and usage of pain relievers among students in a private educational institute in Sri Lanka.

**Methods:** A quantitative, cross-sectional study was conducted with a sample of 100 students who are studying in the second year and third year willing to share their information using convenience sampling method. Data were collected by a questionnaire containing 30 close ended questions using a google form.

**Results:** Out of the surveyed sample, majority (84%) of students used oral tablets rather than topical and Ayurvedic balms and oils to relieve pain. Of the total, 78% of students used pain relievers for headache and 32% used for muscle pain. Majority (67%) of students practiced less often to take pain relievers for acute pain. Most students (69%) used pain relievers less often proving they had knowledge on harmfulness of using pain relievers. Majority (65%) tried to use the other types of treatments instead of pain relievers. Before use the medication, only 48% read the leaflet come along with medication. Results indicated that 67% were aware of side effects of frequent use of pain relievers. As well as results indicated paracetamol was the highly usage pain relievers.

**Conclusions:** It is prominent to identify more about the awareness of students about mechanism of action, side effects, contraindications, and adverse effects of pain relievers specially paracetamol and to manage usage of pain relievers among students in a healthy manner.

**Keywords:** *Knowledge, Painkillers, Practice, Students, Usage*