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Evaluating health seeking behavior of patients regarding ARI in patients older than 19 years

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Background: Acute respiratory infections (ARIs) are commonly experienced in primary care, adults 2-4 ARIs a year and children 6-8. The perception, knowledge, attitude and practice of patients play an important role in the reduction of morbidity in patients older than 19 years.

Aim: To evaluate the health seeking behavior of patients, regarding ARI in patients older than 19 years, and to assess the attitude, practices and estimate the knowledge of patients, regarding ARI. **Methodology:** Data are used from national project (cross sectional study) conducted in November 2014, at Primary care settings in Republic of Macedonia as a part of E quality program. 81 physicians were included. Data were entered and analyzed on SPSS 19.

Results: Group of 3643 patients, >19 years, were analyzed. The duration of illness was less than 2 days in 21,1%, 3 days in 25,7% of patients, 4 and 5 days in 10,8 and 11,2%. Leading symptoms were cough with 58,9%, fatigue 37,8%, sore throat 31,6%, pain during swallowing and runny nose 30,0%. 21,4% were diagnosed as Acute bronchitis, 20,6 as Common cold, 16,7 with Acute tonsillitis and 14,0% Acute pharyngitis.

Conclusion: Overall, the study showed that the level of knowledge among patients with ARI is low. Interventions like health education sessions, media campaign, banners etc. are needed to improve situation.

