

## **Knowledge, Attitude and Use of Antibiotics in Upper Respiratory Tract Infections amongst General Population Attending the Primary Health Care Centers**

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**Background:** Misconceptions about the use of antibiotics in upper respiratory tract infections have led to inappropriate use worldwide. Understanding the determinants and patterns of consumption of antibiotics could prompt guidelines for their appropriate use.

**Objective:** To evaluate the knowledge, attitude and practice of antibiotics use in upper respiratory tract infections (cold and flu episodes).

**Design:** A Cross-Sectional Study.

**Setting:** Primary Healthcare Centers, Bahrain.

**Method:** The study was performed from July 2014 to August 2014. Adult patients attending the health centers and diagnosed with upper respiratory tract infections were eligible for inclusion in the study. The sample size was 384 patients. Subjects were chosen randomly from 10 health centers. Participants answered questionnaire which included knowledge, attitude and the practice of the use of antibiotics in upper respiratory tract infections.

**Result:** Two hundred four (53.1%) patients were males. Two-thirds of the sample was 18-35 years old. Two hundred sixty-one (56.3%) participants believed that antibiotics were used to treat cold and flu and 151 (39.3%) believed they were used to treat fever; 214 (55.7%) agreed that taking antibiotics during cold and flu helps speed up the recovery, 125 (32.6%) used antibiotics whenever they had the symptoms of cold and flu and 100 (26%) kept the leftover antibiotics to use them in future cold and flu symptoms.

**Conclusion:** This study indicated that misconceptions about antibiotic usage during cold and flu still exist. Therefore, improving knowledge regarding the usage of antibiotics is of great importance.

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