



# Knowledge of Rational Use of Medicines Among **Know Your Medicine (KYM)** Ambassadors in Malaysia: A National Cross-Sectional Study

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## INTRODUCTION

- The Know Your Medicine (KYM) Programme in Malaysia empowers consumers with knowledge for informed medication use, aligning with the national Quality Use of Medicines for Consumers (QUM-C) strategy and Sustainable Development Goal (SDG) 3<sup>1</sup>.
- This initiative aims to ensure appropriate medication use for optimal health outcomes by emphasizing the "5 Rights": the right patient, the right medicine, the right dose, the right route and the right time<sup>2</sup>.
- Recognizing the significant impact of medication adherence and health literacy on public health, KYM employs trained ambassadors to educate communities on rational medicine use.
- KYM ambassadors are crucial in promoting informed medication use, reducing associated risks and fostering responsible medication behaviours among their community.
- Ultimately, the effectiveness of their outreach directly influences the program's success and contributes to improved public health outcomes.

## OBJECTIVE

This study aimed to identify the level of knowledge regarding the rational use of medicines among KYM ambassadors.

## METHODOLOGY

- Study design** : Cross-sectional study (complex study sampling)
- Study population** : Know Your Medicine (KYM) ambassadors
- Sample size** : 1807
- Sampling technique** : Multistage cluster sampling design
- Sampling procedure** :



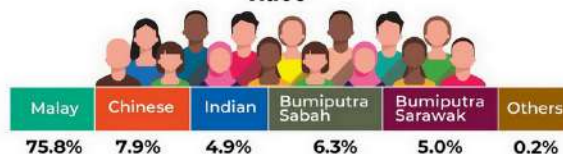
- Inclusion criteria** : KYM ambassadors were registered and comprehensively trained by 2023
- Data collection period** : February – June 2024
- Study instrument** : Tools was adopted and adapted from a previous study<sup>3</sup>

## Demographic Profile

### Gender



### Race



### Education Level



## RESULTS

- 99.6%** were aware of the mandatory registration of all medicines with the Ministry of Health.
- 85.7%** recognized the necessity of purchasing medicines with a prescription.
- 98.9%** identified authorized premises for medicines purchase.
- 99.5%** demonstrated awareness of medicine label details.
- 78.9%** understood the correct timing for post-meal medication.
- 95.6%** knew not to double doses of medicine after a missed one.
- 100%** recognized the necessity of adhering to prescribed regimens for efficacy.
- 92.8%** knew that not all medicines require refrigeration.
- 94.0%** understood the need to avoid storing medicines in high-temperature places.



## ACKNOWLEDGEMENT

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## DISCUSSION AND CONCLUSION

- The study found that a significant majority of KYM ambassadors (91.3%) demonstrated a high level of knowledge about rational medicine use and consistent with other studies<sup>4</sup>.
- The ambassadors possessed good knowledge in several key areas including medicine registration, rational medicine use, authorized medicine purchase, medicine labels and proper storage methods.
- Their strong understanding in these areas underscores that these well-trained ambassadors positioning them as effective advocates for promoting rational medicine use within Malaysian communities, thereby reducing associated risks.
- Although baseline knowledge levels prior to training were not assessed, the consistently high awareness observed among KYM ambassadors may be attributed to the structured content of the KYM program and their educational backgrounds. Future research should incorporate training factors to better understand their influence<sup>5</sup>.
- Nevertheless, this robust knowledge base positions the KYM ambassadors as a key community figure in promoting informed medication practices and contributing to improved health outcomes in Malaysia.

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