

---

## ABSTRACTS: VOLUME 5, SPECIAL ISSUE

---

### ABSTRACT

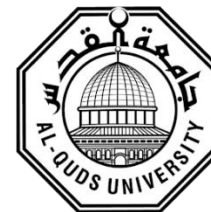
#### **Assessment of The Incidence of Paracetamol Poisoning and The Availability of Its Antidote N-Acetylcysteine (Nac) In Certain Hospitals in The Palestinian Occupied Areas and West Bank: A Cross Sectional Study**

*Duaa shibli ,Baraah hassanien ,shireen sharabati ,Maisa Nabulsi  
Faculty of Pharmacy, Al-Quds University.*

**Introduction:** Analgesics are the most commonly prescribed medications in the world (1). Among them, Paracetamol is known to be not only highly dispensed but also, the safest pain killer for all patients regardless of their age (2). Despite the fact that it is safe and possesses a wide therapeutic window, still toxicity with Paracetamol is a global concern, for example , in USA, there are over 100,000 cases annually (3) , whereas in Israel , the substance that cause most of the poisoning cases is Paracetamol its over 1352 cases annually (6) (4). In Palestine, there is usually a lack of data, according to our knowledge, the latest research dated back to 2012(5).

**Objective:** This research aims at: Determine the number of poisoned cases in the west bank in (Palestine red crescent society – PRCS specialized hospital) and in certain hospitals in Palestinian occupied areas. It also aims at assessing the availability of NAC.

**Methods:** A cross sectional study was conducted in emergency departments in certain hospitals in Hebron and occupied Palestinian areas. Previously validated questionnaires (paper based and google forms) were distributed. Data was collected over a 4-week interval from April 2023 to May, 2023. A convenient sample size (n=181) was collected from health care providers including physicians, residents, nurses and pharmacists. Data was analyzed using the Statistical Package for Social Sciences (SPSS), version 21.



---

**Results:** Our data showed that Paracetamol is the most common analgesic prescribed for adults 55% and followed by NASIDs. Moreover, there is no problem in the availability of NAC in all the hospitals assessed (64%). A major concern is paracetamol allergy(59.7%). Activated charcoal is also used as a decontaminant is paracetamol poisoning whether single or multiple doses. Females constitute the highest percentage of poisoned cases (78.8%). In addition, Paracetamol is the most secure painkiller for all patients, regardless of age (91.1%).

**Conclusion:** Paracetamol is available and there is no problem in the availability of NAC in certain hospitals in the Palestinian territories and Palestinian occupied area. We found that the majority of people at risk of poisoning were females. This could be in part due to increased incidence of depression and hormonal fluctuations. Although it is the main cause of poisoning, it is considered the most prescribed analgesic, we suggest reducing Paracetamol as OTC quantities in order to reduce the incidence of poisonings. The importance of AC is also figured out, which was less prescribed in Palestinian hospitals. Further studies should be done to evaluate whether the exposure to Paracetamol poisoning is intentional or unintentional.

**Keywords:** OTC: out-of-the-counter, POA: Palestinian occupied areas , WHO: world health organization, NAC: N-acetyl-cysteine, AC: activated charcoal, gastric lavage, organophosphates, paracetamol poisoning.