

福山市における地域住民と地域薬剤師の
セルフメディケーション向上に関するニーズ調査

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**Surveillance study on the needs for self-medication of local residents and
community pharmacists in Fukuyama**

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ABSTRACT: In recent years, self-medication is promoted to control the health care cost of aged people in Japan. On the other hand, there are many pharmacists who are perplexed in diversification of work with promotion of self-medication because of shortage of information, including the knowledge of an over-the-counter drug, health food, etc. It is therefore needed to design an efficient education program for pharmacists, especially in aging society such as Fukuyama. In this study, we investigated the needs for self-medication of local residents and community pharmacists in order to clarify the high-priority education themes for promotion of self-medication in Fukuyama. The pharmacist's needs were extracted by the KJ method and prioritized by the two-dimensional developed leaf method, and the local resident's needs were extracted by questionnaire survey from 420 general populations who live in Fukuyama. As a result, we found that the community pharmacists were especially in need of acquisition of the knowledge about "health food" and "food", and the local residents were especially in need of consultation with community pharmacists about "medicine", "side effect of medicine", "health food" and "food". Moreover, we also found that sixty percent of local residents did not have knowledge about interaction of "medicine" and "health food" while the half of them was taking in "health food". From the above result, knowledge improvement of "health food", "food" and "interaction of medicine and health food" in addition to "medicine" and "side effect of medicine" is the high-priority education themes for local residents and community pharmacists to promote self-medication in Fukuyama.

抄録 福山市に住む地域住民および地域薬剤師がセルフメディケーション向上のために必要と考えている事項を調査した。その結果、地域薬剤師は健康食品、食品に関してさらなる知識の向上が必要と考えており、地域住民においても健康食品、食品に関する情報の提供が必要と考えていることが明らかとなった。また、地域住民の半数は健康食品の摂取経験があるもののそのうち60%の住民は健康食品と医薬品の相互作用があることを認識していなかった。以上の結果より、福山地域の住民および薬剤師が

セルフメディケーション向上のために必要と考えている事項は健康食品、食品、医薬品と健康食品の相互作用に関する知識であることが明らかとなった。