

学校薬剤師を介した小・中・高校生の
一般医薬品・健康食品の使用実態調査

安楽 誠、富田久夫、佐藤英治、田淵紀彦、
吉富博則、岡村信幸、田口勝英*、
近藤裕子、村上信行

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**Surveillance Study on Use of Over-the-Counter Drug and Health Food
by School Pharmacist for Grade-schooler, Junior High School Student,
and High School Students**

Makoto Anraku, Hisao Tomida, Eiji Sato, Norihiko Tabuchi,
Hironori Yoshitomi, Nobuyuki Okamura, Katsuhide Taguchi*,
Yuko Kondo, and Nobuyuki Murakami

ABSTRACT: In recent years, it is necessary to acquire knowledge not only about medicine but also over-the-counter (OTC) drugs and health food for children, because lowering trend in the age of the health hazard by improper use of health food is reported. Therefore, in order to estimate the extent of use of OTC drugs and health food, the school pharmacists administered a questionnaire to students in grade-school (n=123), junior high school (n=303), and high school (n=115) in Fukuyama city. As a result of the questionnaire survey, surprisingly, the usage ratio of OTC drugs and health food showed the most increase in grade-schooler. The trigger of use of health food is "parents' recommendations" in the lower grades, otherwise the ratio of "use by themselves" was increased in the higher grades. Moreover, a remarkable difference was observed by the kinds of use in students with or without exercise. Interestingly, exercise group expected "physical strength" effects than no exercise group. In addition, the ratio of consultation to the pharmacist at the time of purchase of OTC drugs and health food was low in all grade students. In particular, the ratio of consultation to the pharmacist at the time of purchase of health food was very low in high school students. Therefore, to provide accurate information of medicine and health food for students, the school pharmacist should engage not only in routine work but also in positive guidance about OTC drugs and health food in the future.

抄録 福山市教育委員会の協力の下、小・中・高校生のニーズに合わせた OTC 薬及び健康食品の適性使用及びその正確な情報提供を実践することを最終目的として、はじめに学校薬剤師を介した地域の小・中・高校生を対象とした OTC 薬及び健康食品の使用実態について独自の調査を実施した。その結果、副作用を予防する観点からも、学

校薬剤師が OTC 薬や健康食品を利用する前の段階から積極的なアドバイスをする役割を担う必要があること、また、その役割を担うため学校教員・学校医・学校歯科医との連携が必要であることが明らかとなった。

* Fukuyama School Pharmaceutical Association
福山市学校薬剤師会