

福山市における大学－高齢者及び保育施設連携を活用した 一般用医薬品・健康食品利用実態に関する調査研究

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Surveillance Study in Collaboration with a University-Daycare Center for Elderly People and Nursery School for Children on the Use of Over-the Counter Drugs and Health Food in Fukuyama

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ABSTRACT: To estimate the extent of use of over-the-counter (OTC) drugs and health food, we administered a questionnaire to the parents of children in a nursery school and to elderly people in a daycare center in Fukuyama city. The aim of the questionnaire was to determine the percentage of children and elderly people who use OTC drugs and health food, the purpose of using them, and the types of OTC drugs and health food used. Other questions concerned the person advising them on the use of OTC and health food, the side effects of OTC drugs and health food, and the awareness of children and elderly people regarding possible interactions between prescription drugs and OTC drugs. The results suggest that the need for OTC drugs and health food in children are very different from those in elderly people. In addition, in promoting self-medication, the demand for the opinion of a specialist occupied about 80% or 70% of the total specialist time among children and elderly people, respectively. Therefore, when providing information on health and OTC drugs, the needs of each generation should be taken into account.

抄録 福山市の高齢者及び保育施設の協力を得て、幼児や高齢者のニーズに併せた OTC 薬及び健康食品の適正使用及びその正確な情報提供を実践することを目的として、地域の幼児の保護者と高齢者を対象とした OTC 薬及び健康食品の使用動向や意識について独自の調査を実施した。その結果、幼児及び高齢者のニーズが大きく異なること、また施設によっても異なることが明らかになり、施設や年代別のニーズに合わせた情報提供が重要であることが判明した。