

大学祭を利用した薬学生による地域保健活動の実践と その有効性の評価

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The Practice of Community Health Activity by Pharmacy Students during the University Festival and Evaluation of the Effectiveness

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ABSTRACT: In order to perform community health activities during the university festival, pharmacy students gathered data and conducted lectures in the form of small group discussions (SGD). They measured participants' bone densitometry, and then provided them with information about how to effectively prevent bone disease. The aim of this study is to assess whether students' lectures on the "prevention of calcium-related disease" led participants in the University Festival to understand the following: (1) the benefits of absorption of calcium, (2) the risks of absorption of calcium, (3) which vegetables are calcium-rich, and (4) the risks of calcium overdose. First, participants responded to pretests comprising questions on the 4 above-mentioned topics. Next, they were subjected to bone density measurement, and pharmacy students explained the importance of "prevention of calcium-related disease." Finally, participants carried out posttests (with the same contents as the pretests), and received advice based on the results of their posttests and bone densitometry measurements. Total scores on the posttests (98.4 points) were significantly higher than those on the pretests (53.3 points). Based on this, researchers concluded that the pharmacy students' lectures substantially improved participants' understandings about "prevention of calcium-related disease."

抄録 大学祭を利用した学生による骨密度測定ならびにカルシウム関連疾患予防対策における情報提供を実施した。参加者に対してプレテストを行った後、骨密度を測定した。測定の間、プレテストに関連したカルシウムの情報が書かれた図を参加者に表示しながら説明した。その後、ポストテストを行い、測定結果とポストテストの結果から参加者に対してアドバイスをを行った。ポストテストはプレテストに比べ有意な点数の増加を示したことから、適切な説明と共に参加者の理解度向上に貢献できたことが明らかになった。