

Role of a pharmacist in the safe self-medication – A questionnaire-based survey

Selma Škrbo¹, Semir Mehović¹, Naida Omerović¹, Anela Hadžifejzović-Trnka², Nermina Žiga-Smajić¹, Belma Pehlivanović¹, and Dina Lagumdžija¹

¹University of Sarajevo

²Amsal Pharmaceuticals d.o.o.

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Abstract

Introduction: Self-medication has been very popular and globally prevalent for a long time. **Aim:** This research aims to present pharmacists' engagement in the process of self-medication in the Sarajevo Canton. **Methods:** A total of 312 respondents completed an anonymous questionnaire-based survey. The first group (165 respondents) was surveyed in the pharmacy after buying a non-prescription drug, and the second group (147 respondents) outside the pharmacy. **Results:** The most commonly purchased drug was paracetamol, whereas headache was dominant amongst health conditions for which treatment respondents intended to use the purchased drug. A belief that respondents could cure themselves was the most common answer when asked why they had not visited a doctor, whereas previous experience with the purchased drug prevailed as an answer when asked from whom they had gotten information about the adequacy of the purchased drug for their health problem. Respondents mostly bought drugs for themselves. Pharmacists instructed 65% of respondents on how to take the purchased drug and checked whether 55% of respondents bought an appropriate drug for their health problem. Only 25% and 29% of respondents were informed about the adverse effects and potential contraindications or interactions of the purchased drug, respectively. According to 45% of respondents, pharmacists spent up to one minute in a conversation with them about the purchased drug. **Conclusion:** In the Sarajevo Canton, pharmacists should be more actively involved in the process of self-medication and provide the necessary advice to patients consuming non-prescription drugs. Further research is needed to create a clearer picture.

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Running (short) title: Role of a pharmacist in the safe self-medication

Selma Škrbo¹, Semir Mehović¹ ¹¹Present address: Public institution „*Apoteke Sarajevo*“, Sarajevo, Bosnia and Herzegovina, Naida Omerović¹, Anela Hadžifejzović-Trnka², Nermina Žiga-Smajić¹, Belma Pehlivanović¹, Dina Lagumdžija¹

¹Faculty of Pharmacy, University of Sarajevo, Sarajevo, Bosnia and Herzegovina

²Amsal Pharmaceuticals d.o.o., Vogošća, Bosnia and Herzegovina

Selma Škrbo, selma.skrbo@ffsa.unsa.ba, ORCID: 0000-0001-5738-9588

Semir Mehović, semir.mehovic1989@gmail.com, ORCID: 0000-0002-9857-6774

Naida Omerović, naida.omerovic@ffsa.unsa.ba, ORCID: 0000-0002-5588-9973

Anela Hadžifejzović-Trnka, anelahadzifejzovic@ffsa.unsa.ba, ORCID: 0000-0002-9691-7440

Nermina Žiga-Smajić, nermina.ziga@ffsa.unsa.ba, ORCID: 0000-0002-4659-4268

Belma Pehlivanović, belma.pehlihanovic@ffsa.unsa.ba, ORCID: 0000-0002-1574-493X

Dina Lagumdžija, dina.fetahovic@ffsa.unsa.ba, ORCID: 0000-0002-8042-1643

Correspondence: Naida Omerović, MPharm

Department of Clinical Pharmacy, Faculty of Pharmacy, University of Sarajevo, Zmaja od Bosne 8, 71000 Sarajevo, Bosnia and Herzegovina.

Email: naida.omerovic@ffsa.unsa.ba

Phone number: +387 33 586 193

ORCID: <https://orcid.org/0000-0002-5588-9973>

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AUTHOR CONTRIBUTIONS

Selma Škrbo, concept/design, data collection, data analysis/interpretation, critical revision of the article, approval of the article; Semir Mehović, concept/design, data collection, data analysis/interpretation, statistics, approval of the article; Naida Omerović, concept/design, data analysis/interpretation, drafting the article, critical revision of the article, approval of the article; Anela Hadžifejzović-Trnka, Nermina Žiga-Smajić, Belma Pehlivanović and Dina Lagumdžija, data analysis/interpretation, critical revision of the article, approval of the article.

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