

AWARENESS OF PATIENTS IN THE CITY OF BELGRADE ABOUT HERBAL PRODUCTS

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The use of medicinal plants has significant impact on human health (1,2). Approximately 13.000 medicinal plants are used worldwide (1), and in developing countries 65-80% of the population uses them for medicinal purposes (2). The aim of the study was to examine the awareness of patients in the city of Belgrade about herbal products. Quantitative, non-experimental research was conducted using a purpose-built questionnaire in public pharmacies during February 2020. The survey involved 954 respondents, mostly women (66.5%); 39.1% of respondents aged 20-40 years. Most of the respondents were employed (65.2%), with secondary school education (45.2%). The vast majority (97.3%) used medicinal plants/herbal products, mostly occasionally, as needed (38.4%). The main motive for their use was health improvement (75.2%), while 16.2% used them to treat diseases. The primary sources of information on medicinal plants/herbal products are pharmacists (45.1%) and the media (24.2%). About a third of the respondents (37.3%) stated that they knew the difference between herbal medicinal products and dietary supplements. 52.9% of respondents claimed that herbal medicinal products are effective, but less than synthetic drugs, while 61.5% claimed that they are safe, but with certain side effects. A third of respondents (32.9%) had difficulty understanding instructions for use and they needed additional explanations. Majority (70.6%) received advice from a pharmacist when buying a herbal product. Pharmacists are health professionals who have adequate knowledge of medicinal plants/herbal products and have a key role in advising patients in order to implement the proper use of herbal medicinal and other herbal products.

References

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INFORMISANOST PACIJENATA NA TERITORIJI GRADA BEOGRADA O BILJNIM PROIZVODIMA

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Primena lekovitih biljaka ima značajan uticaj na ljudsko zdravlje (1,2). U svetu se koristi oko 13 000 lekovitih biljaka (1), a u zemljama u razvoju 65-80% populacije ih primenjuje u medicinske svrhe (2). Cilj rada bio je ispitivanje informisanosti pacijenata na teritoriji grada Beograda o biljnim proizvodima. Sprovedeno je kvantitativno, neeksperimentalno istraživanje pomoću namenski kreiranog upitnika u javnim apotekama tokom februara 2020. godine. U istraživanju je učestvovalo 954 ispitanika, od koji 66,5% ženskog pola; 39,1% starosti 20-40 godina. Većina je bila zaposlena (65,2%), sa srednjoškolskim obrazovanjem (45,2%). Najveći broj ispitanika (97,3%) je koristio lekovite biljke/biljne proizvode i to uglavnom povremeno, po potrebi (38,4%). Glavni motiv za njihovo korišćenje bio je poboljšanje zdravlja (75,2%), dok ih je 16,2% koristilo za lečenje. Ispitanici su se o delovanju i upotrebi lekovitih biljaka/biljnih proizvoda uglavnom informisali od farmaceuta u apotekama (45,1%) i putem medija (24,2%). Oko trećine ispitanika (37,3%) je navelo da zna razliku između biljnih lekovitih proizvoda i dijetetskih suplemenata. Da su biljni lekoviti proizvodi efikasni, ali manje od sintetskih lekova, smatralo je 52,9% ispitanika, dok je 61,5% smatralo da su oni bezbedni za upotrebu, ali sa mogućim neželjenim efektima. Trećina anketiranih (32,9%) imala je poteškoće da razume uputstva za upotrebu biljnih proizvoda, te su im bila potrebna dodatna objašnjenja. Najveći deo ispitanika (70,6%) dobijao je savet farmaceuta pri kupovini biljnog proizvoda. Farmaceuti su zdravstveni profesionalci koji poseduju adekvatna znanja o lekovitim biljkama/biljnim proizvodima i imaju ključnu ulogu u savetovanju pacijenata u cilju sprovođenja pravilne primene biljnih lekovitih i drugih biljnih proizvoda.

Literatura

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