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*Assessing The Over-The-Counter Medications In Primary Care And Translating
The Theory Of Planned Behavior Into Interventions (ID 223654)*



***A SET OF RECOMMENDATIONS AND PROPOSED
PRACTICAL GUIDELINES***

BASED ON THE THEORY OF PLANNED BEHAVIOUR

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1. For General Practitioners:

In order to ensure that patients receive medicines appropriate* to their clinical needs and in doses that meet their own individual requirements.....

Proposition / practical recommendations	Supporting Evidence
<p>General Practitioners are advised to recommend their patients to seek a medical consultation prior to asking pharmacists to provide non-prescribed medicines and closely examine the patients' record for the appropriateness of medicine.</p> <p>These recommendations are especially relevant to General Practitioners in France, Greece and Turkey.</p>	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, about one-tenth (10%) of the General Practitioners in France, Greece and Turkey reported that they provided their patients with non-prescribed medicines which had already been provided on beforehand by the Pharmacists (France: n=37, Greece n=93, Turkey n=242). [Result of the Work Package 3 (WP)]</p>
<p>General Practitioners are recommended to avoid making their decision to provide medicines upon the request of a patient or a third person only.</p> <p>This recommendation is especially relevant to General Practitioners in Malta and Turkey.</p>	<p>In Malta and Turkey, based on completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, General Practitioners under social pressure were respectively 3.7 and 2.1 times more likely to provide a medicine without well documented evidence (Malta: n=112; p<0.003 and Turkey: n=242; p=0.006). [Result of the WP3]</p>
<p>General Practitioners are recommended to be aware whether their patients, and especially their patients and especially their female patients consume non-prescribed medicines that have not been reported to them.</p> <p>This recommendation is especially relevant to General Practitioners in Czech Republic, Greece, Malta and France.</p>	<ul style="list-style-type: none"> • In Cyprus, Czech Republic, Greece and Malta above 80% of the primary care patients reported consuming non-prescribed medicines during the last 6 months. [Result of the WP4] • In France that number was above 70%, in Sweden above 50% and in Turkey above 40%. [Result of the WP4] • In primary care patients, gender was a statistically significant predictor of the intentions towards medicine consumption in Greece and in Malta (Greece: n=107; p=0.019 Malta: n=299; 0.011). Besides these, the average percentage of consumers was found to be higher in female participants in all countries. [Result of the WP4]

*Based on the rational prescribing definition of the World Health Organisation:

http://www.who.int/medicines/areas/rational_use/en/index.html

2. For pharmacists:

In order to ensure that patients receive medicines appropriate to their clinical needs and in doses that meet their own individual requirements.....

Proposition / practical recommendations	Supporting Evidence
<p>Pharmacists are recommended to appraise the risks and benefits of the provision of any medicine as well as contact their clients' physician when they seek a medicine without a written document.</p> <p>This recommendation is especially relevant to Pharmacists in Cyprus, France, Greece and Malta.</p>	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, In Cyprus, France, Greece and in Malta Pharmacists admit providing prescribed medicines without a written document issued by the General Practitioners to the clients more than 10% of their clients (Cyprus: n=25, France n=11, Greece n=64, Malta n=108). [Result of the WP3]</p>
<p>Pharmacists are recommended to be cautious when they deliver medicines to patients in a non-well documented context.</p> <p>This recommendation is especially relevant to PHs in Greece.</p>	<p>In Greece, Pharmacists under social pressure were 3.9 times more likely to provide their clients with prescribed medicines without well documented evidence (Greece: n=63; p=0.039). [Result of the WP3]</p>

3. For Patients/Clients:

In order to ensure that patients receive medicines appropriate to their clinical needs and in doses that meet their own individual requirements.....

Proposition / practical recommendations	Supporting Evidence
<p>Patients are recommended to consult their General Practitioner before purchasing/consuming non-prescribed medicines.</p> <p>This recommendation is especially relevant to patients in Cyprus, Czech Republic, Greece, Malta and Sweden</p>	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, patients in Cyprus, Czech Republic and Sweden presented positive intention toward the consumption of non-prescribed medicines</p> <p>(Cyprus: Median Score 5/7; n=76, Czech Rep.: Median Score=6/7; n=376, Sweden: Median Score=5/7; n=229). [Result of the WP4]</p> <p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, in all participating countries the percentage of consumers of non-prescribed medicines during the last 6 months was rather higher. The highest values were observed in Cyprus, Czech Republic, Greece and Malta where the percentage of patients or clients</p>

	who request non-prescribed medicines was above 80%. [Result of the WP4]
<p>Patients should be aware that purchasing of prescribed medicines should be accompanied by a prescription provided by their General Practitioner.</p> <p>This recommendation is especially relevant to patients in Cyprus, France, Greece and Malta.</p>	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, in Cyprus, France, Greece and Malta, Pharmacists admit providing prescribed medicines without prescription to more than 10% of their clients</p> <p>(Cyprus: n=25, France n=11, Greece n=64, Malta n=108). [Result of the WP4]</p>
<p>Patients should be encouraged to consult with their General Practitioners for their health problems rather than with friends and family members only.</p> <p>This recommendation is especially relevant to patients in France, Malta and Turkey.</p>	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, in France, patients under social pressure were 2.3 times more likely to have positive intention towards non-prescribed medicines. In Malta and in Turkey patients under social pressure were respectively 4.6 and 3.2 times more likely to consume medicines in the near future</p> <p>(France: n=221; p=0.043, Malta: n=299; p<0.0001, Turkey: n=342; p=0.001). [Result of the WP4]</p>
<p>Patients should be encouraged to seek information from their General Practitioners and Pharmacists about the potential health risks when consuming non-prescribed medicines.</p> <p>This recommendation is especially relevant to patients in Czech Republic, France and Turkey.</p>	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, attitude towards medicines was a statistically significant predictor of intentions to consume non-prescribed medicines in Czech Republic (n=368 ; p<0.0001), France (n= 221;p=0.046) and Turkey (n=342; p=0.002). [Result of the WP4]</p>

4. For Policy makers / Health policy planners:

In order to ensure that patients receive medicines appropriate to their clinical needs and in doses that meet their own individual requirements.....

Proposition / practical recommendations	Supporting Evidence
<p>Policy makers and health policy planners should focus their attention and actions among others on General Practitioners especially the young (in Malta, Sweden and Turkey) and the female General Practitioners (in Czech Republic, Greece and Malta).</p>	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, in Czech Republic, Greece and Malta the gender of GPs was a statistically significant predictor of their intention to prescribe medicines (Czech Republic n=92; p=0.027, Greece: n=93; p=0.045, Malta: n=112; p=0.040). [Result of the WP3]</p>

	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, in Malta and Sweden, younger General Practitioners (less experienced) expect to provide medicines without well documented evidence greater than their older colleagues (Malta: n=112 ; p=0.008, Sweden: n=69 ; p= 0.006, Turkey: n=242 ; p=0.021). [Result of the WP3]</p>
	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, in Turkey, younger General Practitioners were more likely to have generalized intentions in favor of prescribing medicine in comparison with their older colleagues (Malta: n=112 ; p=0.008, Sweden: n=69 ; p= 0.006, Turkey: n=242 ; p=0.021). [Result of the WP3]</p>
<p>Policy makers in Czech Republic and Malta are strongly invited to promote tested interventions based on theoretical frameworks, guidelines and training courses addressing General Practitioners favorable attitudes towards non-prescribed medicines.</p>	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, General Practitioners' positive attitude towards medicines was a statistically significant predictor of their intentions to prescribe medicines in Czech Republic (n=92 ; p=0.001) and Malta (n=112 ; p=0.022). [Result of the WP3]</p>
<p>Large scale interventions aiming to improve Pharmacists' recommendation practices in Czech Republic, Greece and Malta, need to target among others, Pharmacists with favorable attitudes towards medicines.</p>	<p>Based on the results gained from completed questionnaires that were constructed in the framework of the Theory of Planned Behaviour, positive attitude towards medicines was found to have a strong impact on the Pharmacists' intention to provide medicine in Czech Republic, Greece and Malta. Among these countries, attitude had a stronger impact in Czech Republic in comparison with Greece and Malta. In Czech Republic. Pharmacists were approximately 5.5 times more likely to provide medicine comparing to the rest of the countries, whereas in Greece it was 3.8 times and in Malta 3.2 times (Czech Republic: n=117; p<0.0001, Greece: n=63; p=0.035, Malta: n=108; p=0.011). [Result of the WP3]</p>
<p>Policy makers and health planners in Cyprus, Greece, Malta and Turkey, should consider the design and implementation of multifaceted interventions that include educational outreach and reminder messages to address General Practitioners' favorable</p>	<p>Based on the results of the feasibility study participating General Practitioners in Cyprus, Greece, Malta and Turkey found that questions related to the intervention acceptability were highly rated (above 5/7) based on a 7 point Likert scale by 70% (25/36) of the General Practitioners</p>

attitudes towards non-prescribed medicines.	participating in the pilot intervention in all countries. [Result of the WP5]
	Based on the results of the feasibility study participating General Practitioners in Cyprus, Greece, Malta and Turkey, 92% (35/38) of the participating General Practitioners in the pilot intervention responded that the intervention was relevant to primary care settings in terms that affected their daily practice in all countries. [Result of the WP5]
	Based on the results of the feasibility study conducted in Cyprus, Greece, Malta and Turkey, 92% (35/38) of the participating General Practitioners assessed that a one day intensive training was very helpful for their future work in all participating countries. [Result of the WP5]
	Based on the results of the feasibility study conducted in Cyprus, Greece, Malta and Turkey the intervention was considered as practical and well accepted by 70% (25/36) of the participating General Practitioners in all countries. [Result of the WP5]
	Based on the results of the feasibility study conducted in Cyprus, Greece, Malta and Turkey, the content of the training was assessed to be at least fairly good (5/7) based on a 7 point Likert scale in all countries. [Result of the WP5]

5. For Researchers/Academicians (Health related Sciences):

Proposition / practical recommendations	Supporting Evidence
A one day intensive training course within a framework of a longitudinal study is recommended as a tool to address General Practitioners favorable attitudes towards non-prescribed medicines.	Based on the results of the feasibility study conducted in Cyprus, Greece, Malta and Turkey, 92% (35/38) of the participating General Practitioners assessed that a one day intensive training was very helpful for their future work in all participating countries. [Result of the WP5]