

Health promotion beliefs and involvement among hospital pharmacists in Lagos State

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Conflictos de interés: Los autores declaran no tener conflictos de interés alguno.

Abstract

Background: The number of chronically ill patients and patients with non-communicable diseases are increasing rapidly. This is partly due to unhealthy lifestyle practices (Geense et al, 2013). The health promotion services expected from pharmacists include provision of advice on healthy living and self-care and involvement in health promotion campaigns (Eades, Ferguson & O'Carroll, 2011) There is limited data available regarding the activities of hospital pharmacists in health promotion. **Purpose:** The objectives of this study were to determine the beliefs and how much importance is attached to the promotion of certain health-related behaviors and extent of involvement in promoting it by hospital pharmacists practicing in Lagos State general hospitals.

Study/Intervention Design: Cross-sectional and descriptive

Methods: The study design was a descriptive cross-sectional survey and the study population was hospital pharmacists working in Lagos state owned general hospitals. A total 18 of the 24 general hospitals in Lagos were selected by convenience. All pharmacists (98 in all) in these hospitals were invited to participate. Sixty five (65) pharmacists completed and returned the questionnaire giving a response rate of 66.3%. A pre-tested self-administered questionnaire was distributed to the consenting pharmacists. The questionnaire had four (4) main sections addressing the objectives of this study. **Data analysis** was carried out using SPSS version 20.0. **Results:** Majority of the respondents were female (75.4%). Also, 83.1% of the respondents had been working for less than 10 years. All the respondents (100%) believe it is important to counsel patients to take their prescription and OTC medications as prescribed. While only about 64% consider it important to counsel patients to carry out moderate intensity exercise at least twice a week. All the respondents were involved in counselling patients to take their prescription and over-the-counter (OTC) medications as directed and only about 60% of the respondents were

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involved in counselling patients to exercise weekly. Over 60% of the respondents specified time constraint, inadequate number of staff and impatience of patients as the greatest barrier to their involvement in health promotion, while less than 30% specified lack of information/training, lack of reimbursements and poor remuneration as barriers to their involvement in health promotion. All the respondents were willing to participate in continuing education and learn more about health promotion.

Conclusion: All the hospital pharmacists in this study believed and were involved in medication related health promotion activities but not all are involved in other non-medication related activities like exercise. Although the respondents believed in the importance of some health promotion activities, fewer respondents were actually involved in promoting them in their hospitals. Hospital pharmacists in Lagos State should be encouraged to be involved in health promotion activities to boost health services in the State.