

Pharmacists' perception, attitude and practice toward the management of gastroesophageal reflux disease (GRED) in Khartoum city Sudan

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Background: In recent years there has been a trend towards increasing the number of drugs that are available over the counter (OTC) without prescription. Simultaneously, community pharmacists have been encouraged to develop and extend their role. Self-medication for symptoms of gastro esophageal reflux is very common, usually with antacids, alginate, histamine2 receptor antagonist and proton pump inhibitor.

Aim: To examine community pharmacists' attitudes, perceptions and practices towards gastroesophageal reflux disease management.

Method: Postal questionnaire to a sample of community pharmacists from Khartoum city-Sudan.

Results: Of 241 questionnaires sent, 241 were returned, an overall response rate of 100%. Fifty one percent of respondents knew the right definition of heartburn according to Montreal congress definition 2004. Ninety six percent of respondents were aware that lifestyle modifications positively help in GRED management. Most pharmacies' regard changing eating habits is the best treatment of GRED during pregnancy. Very few pharmacists stated that the drugs that worsen heartburn. Half of pharmacists provide corrected information about causes of heartburn during pregnancy. Pharmacists are aware of signs and symptoms associated with GRED that requires referral to doctor. Two third of pharmacists consider antacids as the most common dispensed OTC drugs class in community pharmacies. Regarding drug-drug interactions 58.5% of pharmacists admit that sodium and magnesium containing antacids interfere with Azithromycin, Quinolones and Tetracycline's when used concomitantly.

Conclusions: Pharmacists have restricted knowledge about drugs used for GRED management; this clearly indicated from their response to questionnaire presented to them in this study.

Biography

Alwaleed Mohammed Ahmed Abdalatif Ali completed masters in MSc at 27 years and degree in clinical pharmacy from the Omdurman Islamic university . He published many local research papers regarding use of antibiotic in surgery, management of GERD and new onset diabetes mellitus after transplantation (NODAT). His area of interest is in pharmacotherapy. He is working at Fedail private Hospital, serving as PSM coordinator (Procurement & supply manger) of Malaria, AIDS and TB drugs at Sudanese people living with HIV association.

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