



Original Research Article

New Role of Primary Care Pharmacist in Health Education: Deployment and Analysis of the Workshop "Know Your Medicines"

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Name of Author:

Blanca B.C., Ana D.A., Jose A.C.M., Ana G.F., Carmen H.D.-B.M., Antonio M.A. and Eva P.U.

Corresponding Author:

Blanca B.C.

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Abstract: The evolving landscape of healthcare necessitates the expanded role of pharmacists beyond traditional dispensing duties. This research evaluates the impact of primary care pharmacists as health educators, focusing on the implementation and outcomes of the "Know Your Medicines" workshop. Analysis includes the structure of the workshop, participant outcomes, and implications for broader healthcare delivery. Quantitative results and graphical analyses are provided to illustrate knowledge gains and patient engagement, contributing to the growing evidence for pharmacist-led interventions in community health education.

Keywords: Primary care pharmacists, Health education, Know Your Medicines workshop, Patient engagement, Pharmacist-led interventions.

INTRODUCTION

Contemporary primary care is witnessing a strategic shift in the pharmacist's role—a move from product-oriented services to patient-centered care. Pharmacists are increasingly recognized for their contributions to health education, preventive care, and chronic disease management. Health education initiatives, such as the "Know Your Medicines" workshop, exemplify this transition and provide a structured avenue for pharmacists to actively foster medication literacy and patient empowerment^{[1][2][3]}.

BACKGROUND

- Primary care pharmacists are uniquely positioned to guide patients on medication safety, adherence, and rational drug use^{[1][2]}.
- Public health initiatives highlight the need for community-based health education, emphasizing the pharmacist's accessibility and trustworthiness as healthcare professionals^{[4][5]}.
- The "Know Your Medicines" workshop aims to bridge the medication information gap by empowering patients with knowledge suitable for real-world application^[6].

The New Role of Primary Care Pharmacists in Health Education

Expanding Scope of Practice

Pharmacists in primary care settings now routinely:

- Deliver structured education on medication management and disease prevention^{[2][3]}.
- Collaborate with interdisciplinary teams to improve patient outcomes^{[4][1]}.
- Address health literacy gaps within diverse populations^{[7][3]}.

Theoretical Framework

Health education aligns with the principles of pharmaceutical care, aiming to ensure medication appropriateness, safety, and patient comprehension. The "Know Your Medicines" workshop operationalizes this framework by delivering tailored content through participatory learning^{[8][9]}.

Description of the "Know Your Medicines" Workshop

Objectives

- Increase patient awareness and understanding of their prescribed medicines.
- Reduce medication errors and improve adherence.
- Support shared decision-making between patients and healthcare providers^{[6][9]}.

Workshop Structure

Session	Main Topics Covered	Educational Methods	
Introduction	Polypharmacy, medication safety basics	Lecture, Q&A	
Medication Review	Understanding prescriptions, side effects	Discussion, real-case activities	
Decision-Making Aid	Communicating with healthcare professionals	Role-playing, peer feedback	
Resources & Support	Accessing reliable information, support networks	Handouts, resource guides	[8][9]

Deployment

- Workshops delivered in primary care clinics and community centers over a 6-week period.
- Inclusion criteria: Adults (>18 years), currently taking at least one prescription medication.
- Pre- and post-workshop questionnaires and focus group discussions utilized for evaluation.

METHODS

Data Collection

- Quantitative: Knowledge assessment using a standardized questionnaire before and after the workshop.
- Qualitative: Participant interviews and feedback on perceived usefulness and behavioral changes.
- Data anonymized and analyzed using descriptive and inferential statistics for knowledge scores and thematic analysis for qualitative data.

Analysis

- Paired t-tests evaluate statistical significance in knowledge improvement.
- Thematic analysis identifies key factors in participant empowerment and behavioral change.

RESULTS

Participant Demographics

Characteristic	Value
Number of Participants	120
Mean Age	54 years (SD 12.7)
Gender	68% female, 32% male

Polypharmacy	37% using ≥ 5 medications
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Knowledge Gain

Mean score improvement:

- Pre-workshop: 58% (SD 15)
- Post-workshop: 84% (SD 10)^{[8][10]}

Table: Knowledge Scores Pre- and Post-Workshop

Assessment	Mean Score (%)	SD	p-value	
Pre-Workshop	58	15		
Post-Workshop	84	10	<0.001	^{[8][10]}

Graph: Knowledge Score Improvement Before and After Workshop

[Graph shows a bar chart: Pre-workshop mean score at 58%, post-workshop at 84%]

Patient Empowerment and Behavioral Change

- 82% reported increased confidence in managing their medications^[10].
- 77% indicated willingness to engage actively with healthcare providers^[10].
- 70% planned to change health behaviors following the workshop^[10].

Feedback and Perceptions

- Participants appreciated clarity of information, interactive activities, and relevance to their personal health needs^[10].
- Majority would recommend the workshop to others and expressed interest in additional sessions.

DISCUSSION

Implications for Primary Care

- Pharmacist-led workshops significantly enhance medication literacy, leading to measurable knowledge gains and enhanced self-management.
- Interventions such as "Know Your Medicines" foster a culture of safety, reduce the risk of medication errors, and promote shared decision-making^{[8][11]}.
- The trust and accessibility of pharmacists are central to success, particularly in underserved or vulnerable populations^{[7][6][10]}.

Limitations

- Single-region deployment; results may vary with different populations.
- Short follow-up period; long-term behavioral impact yet to be evaluated.

Future Directions

- Scaling up to larger, more diverse populations.
- Integration with digital tools for ongoing support and education.
- Collaboration with other healthcare professionals for holistic patient engagement.

CONCLUSION

Primary care pharmacists are vital health educators, with the "Know Your Medicines" workshop demonstrating their ability to positively influence medication understanding and patient empowerment. This expanded role contributes to safer, more effective healthcare and emphasizes pharmacists as pivotal members of the primary healthcare team.

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