

**INVESTIGATION OF COMPLEMENTARY MEDICINES'
DISPENSED AT SELECTED PRIVATE PHARMACY OUTLETS
IN KIAMBU COUNTY**

BY

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BPHARM110/01971

**A research project submitted in partial fulfillment of the
requirements for the award of the degree of Pharmacy of Mount
Kenya University.**

SCHOOL OF PHARMACY

MOUNT KENYA UNIVERSITY.

2013

ABSTRACT

The term complementary and alternative describe practices and products that people choose as adjuncts or as an alternative to Western medicinal approaches. Many people who today choose herbal products in lieu of prescription medications assume that because these products are natural they must be safe, even when the evidence of this assertion is essentially anecdotal. Recent studies have shown that herbals are highly variable in quality and composition with many marketed products containing little of the intended ingredients and containing unintended contaminants such as heavy metals and prescriptions drugs.

The objectives of the study was to carry out investigation on dispensing of complementary medicine at selected private pharmacy outlets in Kiambu County. Complementary medicines dispensed at the pharmacies were to be classified. The attitude of pharmacists towards CAM was established. The study utilized the descriptive survey design. It depicts the nature and status of a situation as it exists at the time of study. Therefore it was helpful to describe the current condition and situations based on the information that was obtained from the respondents of the study. The researcher gathered information without manipulation of the variables. A total 100 premises were included in the study, it used simple random sampling. In this study data was collected using structured questionnaires and analyzed using Microsoft word. It was presented using tables, bar graphs and pie charts. The findings revealed that all the pharmacy outlets visited had stocked CAM products of different types. Majority of the products (24%) were acting as anti-inflammatory agents followed by (21%) which were pregnancy supplements, immune boosters (6%) and agents for treatment of GIT disorder (13%) were also among the common conditions in which CAM were used to manage. The study revealed that vitamins (47%) occurred in most of the CAM products. Minerals (12%) Amino acids, Fatty acids pre and Probiotics were also commonly found in the products each constituting 11%. The findings established that pharmacist attitude towards CAM in Kiambu county have a diverse range of opinion. Majority 68% ranked the CAM product as having goods quality (40%) termed their efficacy as good with 45% ranking CAM as having best safety. The attitude of pharmacist towards CAM revealed that 60% ranked them as average and 25% stated that the products are good while 15% rated CAM as product below average. The knowledge gap that exists between pharmaceutical personnel and CAM products need to be bridged. This can be through training on CAM products. Evidence on safety of CAM need to be established. Inter professional collaboration between CAM and conventional medicine need to be harmonized