

新聞稿 PRESS RELEASE



To News Editor
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CUHK Launches Online Interactive Drug Information Platform

Drug-related questions are often encountered by people who are on medication or taking health supplements. However, due to various barriers, these questions remain unresolved which lead to possible medication problems. The Outreach Programme organized by the School of Pharmacy at The Chinese University of Hong Kong (CUHK) in 2007 showed that more than half (55.3%) of the drug-related problems discovered in the elderly population were associated with lack of knowledge about their medication and their state of disease. Another study released at the same year on high cholesterol patients also revealed that nearly 80% of the patients had inadequate knowledge on the possible side effects associated with their medication. Furthermore, sensitive medical issues, such as sexually transmitted diseases, erectile dysfunction, use of contraceptive etc, are not widely discussed among the public. In a study on the use of oral contraceptive pills conducted by the School last year, more than half of the interviewees misconceived that oral contraceptive pills would lead to weight gain and other misconceptions were also discovered. With increasing popularity of self-medication as the first-line treatment for mild diseases, together with the lack of drug knowledge among the Hong Kong general public, it is expected that more drug-related questions would arise in the future.

In response to the expected drug information demand, a new online interactive drug enquiry system called **AMPOULE** (**A**sk **M**y **P**harmacist! - **O**nline **U**niversity-Led drug **E**nquiry) Platform was recently established by the School of Pharmacy. Citizens in Hong Kong can now pose any drug-related questions through this convenient and innovative channel. Through **AMPOULE**, pharmacists in the School will provide personalized suggestions to Hong Kong citizens' drug-related queries, hoping to reduce possible medication problems faced by the general public. **AMPOULE** will be launched today (19 February) at <http://www.pharmacy.cuhk.edu.hk/ampoule/>.

A number of sections are available in **AMPOULE**, including "Ask My Pharmacist!", "Health Information", "Tips in Drug Use", "New Medicines" etc. Among the sections, the "Ask My Pharmacist!" is an innovation by the School of Pharmacy. People can ask about the ingredients of drugs, proper usage and storage methods, as well as possible side effects and drug safety issues concerning pregnant women. After receiving the enquiries, pharmacists will either reply the enquirer by email or on telephone no later than a week to provide them with a personalized solution. Other useful contents such as proper ways of administering different drugs are available in the "Tips in Drug Use" section; and information about new or experimental drugs is included in the "New Medicine" section on the platform. Health information leaflets in PDF format are also available for downloading in the "Downloads" section.

The School of Pharmacy targets to enhance communication between pharmacists and the general public through *AMPOULE*. It is hoped that the public awareness in proper medication use and drug safety can be enhanced by providing proper drug knowledge, thus improving the overall effectiveness of drug treatment. *AMPOULE* is a drug enquiry platform for educational purpose. Patients are recommended to seek medical advice on illnesses.



致新聞編輯
請即發放

中大首創網上互動藥物諮詢平台

日常生活中，市民不時會產生與藥物相關的疑問，包括長期服用的藥物或保健食品。香港中文大學（中大）藥劑學院於 2007 年開展的藥劑外展服務研究指出，過半數（55.3%）長者用藥問題多是源於對藥物（包括醫生處方藥物、非處方藥物和保健食品）或對所罹患疾病的認識不足。藥劑學院另一項同期的研究亦發現，在一批患有高膽固醇而平均已服用降血脂藥物約十年的病人當中，接近八成受訪病人在接受藥劑師輔導服務前，並不了解藥物的副作用。此外，對於一些敏感醫學問題如性病、勃起功能障礙及避孕方法等，藥劑師在提供疾病資訊或藥物輔導時，也經常遇上困難，市民亦因此而未能獲得充分資訊。藥劑學院於 2008 年進行一項關於使用口服避孕丸的研究，報告指出市民普遍對口服避孕丸有錯誤理解，過半數受訪女士更錯誤以為口服避孕丸會令體重增加。根據以上多份研究報告顯示，本港市民對藥物的認識普遍不足。目前，愈來愈多市民傾向自行用藥去治療輕微疾病，市民在使用藥物時可能遇上的疑問實在有增無減。

為此，中大藥劑學院最近成立了名為「針藥」的網上藥物諮詢平台。透過這個創新及方便的渠道，市民可以提出關於藥物的查詢。藥劑師會以專業知識，為市民提供專業而個人化的建議。「針藥」於今日（2 月 19 日）開始運作，網址為 <http://www.pharmacy.cuhk.edu.hk/ampoule/>。

「針藥」網頁內設有「問藥劑師」、「健康新知」、「用藥錦囊」、「新藥資訊」等欄目。其中「問藥劑師」部分為藥劑學院首創，市民可在網上提出有關藥物的查詢，包括藥物成份、藥物使用及貯藏需知、懷孕、哺乳、長期病患者的用藥安全，藥物副作用及藥物相互作用等。藥劑師收到市民的查詢後，會於一星期內回覆電郵或致電查詢者，為市民提供建議。網頁的其他部分例如「用藥錦囊」會列出使用不同種類藥物時的注意事項；「新藥資訊」則向市民介紹新藥的資料；「下載區」則可供市民下載健康資訊小冊子。

中大藥劑學院期望透過「針藥」，促進藥劑師與市民的溝通，提升市民的藥物知識，從而使他們更關注正確用藥以及藥物安全，加強藥物治療的成效。「針藥」網上藥物諮詢平台只供市民查詢資料及作教育用途，病人仍須諮詢醫生的專業意見。

二零零九年二月十九日