

Survey Questions

The purpose of this survey is to collect information on community pharmacists' views and practices around Natural Health Products (NHPs) in Alberta.

NHPs include:

- Vitamins and minerals
- Herbal remedies
- Homeopathic medicines
- Traditional medicines, such as traditional Chinese medicines
- Probiotics
- Amino acids and essential fatty acids

NOTE: Substances that are administered by puncturing the dermis (e.g. subcutaneous vitamin B12 injections) are NOT considered NHPs under applicable government regulations.

The survey will take 5 - 10 minutes to complete.

Your participation in the survey is anonymous and confidential.

Thank you for taking the time to complete the survey.

Please indicate your practice setting.

- ☐ Rural
- ☐ Urban

How many years have you been in practice?

Please indicate the number of hours per week you work providing direct patient care:

**Please indicate the highest degree you have completed:**

- ☐ Bachelor's Degree
- ☐ Master's Degree
- ☐ PhD
- ☐ Entry Level PharmD
- ☐ Post-Baccalaureate PharmD
- ☐ Other (please specify):

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**Please indicate whether you have Additional Prescribing Authorization (APA):**

- ☐ Yes
- ☐ No

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**Please indicate the number of hours you have spent on accredited and non-accredited NHP learning within the past two years:**

- ☐ None
- ☐ 1 to 3 hours
- ☐ 4 to 6 hours
- ☐ 7 to 10 hours
- ☐ More than 10 hours

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**On a scale of 1 to 5, with 5 being very often and 1 being never, how regularly do you recommend NHPs to clients?**

- ☐ 1- Never
- ☐ 2-Rarely
- ☐ 3-Sometimes
- ☐ 4-Often
- ☐ 5-Very Often

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**What is your primary basis for recommending NHPs to clients? Check one.**

- ☐ Health Canada approval of NHP
- ☐ Manufacturer information
- ☐

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Primary literature

- ☐ Review articles (i.e. Pharmacist's Letter, CPJ)
- ☐ Client request
- ☐ Recommendation/prescription from primary care provider
- ☐ Internet/social media
- ☐ Other (please specify):

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**What indications do you commonly recommend NHPs for? Check all that apply.**

- ☐ Maintenance of general health
- ☐ Vitamin and/or mineral deficiency
- ☐ Women's health disorders
- ☐ Pregnancy
- ☐ Bone and musculoskeletal disorders
- ☐ Psychiatric disorders
- ☐ Neurological disorders
- ☐ Pain
- ☐ Immune system support
- ☐ Allergy prevention and treatment
- ☐ Food intolerances
- ☐ Cardiovascular disorders
- ☐ Metabolic/Endocrine disorders
- ☐ Gastrointestinal disorders
- ☐ Infectious diseases
- ☐ Respiratory disorders
- ☐ Dermatological disorders
- ☐ Ophthalmological disorders
- ☐ Pediatric conditions
- ☐ Weight loss/detoxification
- ☐ Other (please specify):

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**What NHPs do you recommend most often? Check all that apply.**

- ☐ Multivitamin/prenatal vitamin
- ☐ Vitamin B complex
- ☐ Vitamin B6

- ☐ Vitamin B12 (oral or sublingual)
  - ☐ Folic acid
  - ☐ Vitamin C
  - ☐ Vitamin D
  - ☐ Calcium
  - ☐ Magnesium
  - ☐ Zinc
  - ☐ Fish oil/omega-3 fatty acids
  - ☐ Melatonin
  - ☐ Iron
  - ☐ Ginseng
  - ☐ Echinacea
  - ☐ Homeopathic products
  - ☐ Probiotics
  - ☐ St. John's wort
  - ☐ Cranberry
  - ☐ Garlic
  - ☐ Gingko biloba
  - ☐ Tea tree oil
  - ☐ Saw palmetto
  - ☐ Psyllium fiber
  - ☐ Weight loss/detoxification products
  - ☐ Other (please specify):
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**Have you recommended NHPs that do not have a Natural Products Number (NPN) or Homeopathic Medicine Number (DIN-HM) to clients?**

- ☐ Yes
  - ☐ No
  - ☐ Not Sure
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**Have you recommended NHPs as an alternative to conventional medicines?**

- ☐ Yes
  - ☐ No
  - ☐ Not Sure
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**Have you recommended that a client use NHPs concurrently with conventional medicines?**

- ☐ Yes
  - ☐ No
  - ☐ Not Sure
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**In what circumstances do you provide counselling to clients regarding the safety and efficacy of NHPs? Check all that apply.**

- ☐ When I recommend a NHP to a client
- ☐ When a client inquires about a NHP
- ☐ When a client is picking up a NHP prescribed or recommended by another health care provider
- ☐ When a client requires assistance locating a NHP in the pharmacy
- ☐ I have never provided counselling to clients regarding the safety and efficacy of NHPs
- ☐ Other (please specify):

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**What is the primary source of the safety and efficacy information that you provide during counselling? Check one.**

- ☐ Health Canada product monograph
- ☐ Manufacturer product monograph
- ☐ Natural Medicines database
- ☐ Canadian Pharmacist's Letter
- ☐ Other (please specify):