D-P6 STAVOVI I ZAINTERESOVANOST FARMACEUTA ZA EDUKACIJU IZ OBLASTI SPORTSKE SUPLEMENTACIJE I SPORTSKE FARMACIJE

K. Kovačević[1], M. Kovačević[2], I. Stević[2], D. Milenković[2], A. Milošević Georgiev[2], N. Ivanović[2]
[1]Apoteka DrMax, Kikinda, Srbija, [2]Univerzitet u Beogradu – Farmaceutski fakultet, Beograd, Srbija

Upotreba sportskih suplemenata među profesionalnim sportistima i rekreativcima je u stalnom porastu. Farmaceuti imaju važnu ulogu u edukaciji korisnika, međutim, sportska farmacija i antidoping nisu dovoljno zastupljeni u formalnom obrazovanju i programima kontinuirane edukacije farmaceuta. Cilj istraživanja bio je ispitati stavove i zainteresovanost farmaceuta za dodatnu edukaciju iz oblasti suplementacije u sportu.

Sprovedeno je prospektivno opservaciono istraživanje u periodu od marta do maja 2026. godine putem online upitnika koji je distribuiran putem društvenih mreža Instagram, Facebook i Linkedin. Statistička analiza izvršena je u softveru SPSS.

U istraživanju je učestvovalo ukupno 282 farmaceuta. Bromatologiju je tokom studija pohađalo 267 ispitanika (94%), dijetetiku 96 (34%), a sportsku farmaciju 42 farmaceuta (15%). Većina ispitanika (79,8%) do sada nije učestvovala u edukacijama na temu sportske suplementacije ili dopinga. Na pitanje o zainteresovanosti za učešće u stručnoj edukaciji iz oblasti sportske farmacije, 268 ispitanika (95%) odgovorilo je potvrdno, dok je više od 70% ispitanika iskazalo zainteresovanost za dodatnu edukaciju iz ove oblasti. Neki od oblika edukacije za koje su ispitanici bili najviše zainteresovani bili su: webinari (47,2%), stručni priručnici/vodiči za praksu (44%) i online kursevi sa interaktivnim sadržajem (34,8%). Kao teme za buduće edukacije, farmaceuti su najčešće navodili: interakcije suplemenata sa lekovima i drugim suplementima (78,4%); bezbednost, kontaminaciju i neželjene efekte suplemenata (72,7%); principe sportske ishrane (67,7%); antidoping propise (66,7%). Rezultati istraživanja ukazuju da među farmaceutima postoji visok nivo interesovanja za edukaciju iz oblasti sportske suplementacije i sportske farmacije.

D-P6 PHARMACISTS' ATTITUDES TOWARD AND INTEREST IN EDUCATION ON SPORTS SUPPLEMENTATION AND SPORTS PHARMACY

K. Kovačević[1], M. Kovačević[2], I. Stević[2], D. Milenković[2], A. Milošević Georgiev[2], N. Ivanović[2]
[1]Dr.Max Pharmacy, Kikinda, Serbia, [2]University of Belgrade – Faculty of Pharmacy, Belgrade, Serbia

The use of sports supplements among professional athletes and recreational exercisers is continuously increasing. Pharmacists play an important role in providing counseling and education on supplement use; however, sports pharmacy and anti-doping topics remain insufficiently represented in formal pharmacy education and continuing professional development programs. The aim of this study was to assess pharmacists' attitudes and interest in education related to sports supplementation and sports pharmacy.

A prospective observational study was conducted between March and May 2026 using an online questionnaire distributed through Instagram, Facebook, and LinkedIn. Statistical analysis was performed using SPSS software.

A total of 282 pharmacists participated in the study. During their undergraduate education, 267 respondents (94%) had completed courses in bromatology, 96 (34%) in dietetics, and only 42 (15%) in sports pharmacy. Most respondents (79.8%) had not previously participated in any educational activities related to sports supplementation or anti-doping. When asked about their interest in participating in professional education in sports pharmacy, 268 respondents (95%) answered positively, while more than 70% expressed interest in additional education in the field of sports pharmacy. Preferred educational formats included webinars (47.2%), professional handbooks/practice guides (44.0%), and interactive online courses (34.8%). The most frequently selected topics for future education were interactions between supplements and medications or other supplements (78.4%), safety, contamination, and adverse effects of supplements (72.7%), principles of sports nutrition (67.7%), and anti-doping regulations (66.7%).

The findings indicate a high level of interest among pharmacists in education related to sports supplementation and sports pharmacy.

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