

# ABSTRACT

## **Aromatherapy and Pharmacies in the Czech Republic**

Department of Social and Clinical Pharmacy, Faculty of Pharmacy in Hradec Králové, Charles University in Prague, The Czech Republic

**Author:** Anna Hamrová

**Thesis supervisor:** PharmDr. Jitka Pokladníková, Ph.D.

**Introduction and objective:** Aromatherapy represents a method of alternative and complementary medicine. However, up to date, there have not been published any studies which would focus on pharmacists' and pharmacy technicians' opinion on this particular treatment method. This has provided us an incentive to investigate given topic. The main objective of this thesis is thus to further specify the attitudes, knowledge and awareness of Czech pharmacists and pharmacy technicians of aromatherapy.

**Methods:** The thesis draws from pilot research project. For the research the method of cross-sectional questionnaire survey was used. The data was collected during the period of mid-September till end of October 2020. The data was subsequently analytically processed in Microsoft Excel.

**Results:** The questionnaire was filled by 246 respondents (192 pharmacists and 54 pharmacy technicians). The data collected indicated that respondents more often did not consider aromatherapy as a very effective medical treatment. Data demonstrated a significant difference between pharmacists and pharmacy technicians, who perceived aromatherapy as more effective, than pharmacists. All the respondents, however, considered aromatherapy as a safe medical treatment. Only 22 % of respondents confirmed they had heard about aromatherapy during their academic studies. Given information was a part of obligatory subjects during their studies. Around 56 % of respondents claimed they had personal experience with aromatherapy and about 55 % said they then recommended the method to the patients in the pharmacy. It can be claimed that the respondents were more likely to recommend essential oils when they had previous experience with them. The same can be said about the respondents' likelihood to perceive given method as effective or safe.

**Conclusion:** The awareness of the pharmacists and pharmacy technicians on essential oils and their potential medical usefulness should be increased already during their academic studies. We can draw from the results that further investigation in this area is necessary.

**Key words:** aromatherapy, pharmacies, pharmacists, pharmacy technicians