

## **Exploring Weight Management Services in Palestinian Pharmacies**

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### **Abstract:**

**Objective:** This study was conducted to determine the knowledge and practices of Palestinian pharmacist toward weight loss products and programs, if the recommendations used by pharmacist are outlined in weight loss guidelines, and, if not, what recommendation could be made.

**Methods:** This study was conducted in an observational cross-sectional design using a questionnaire. The questionnaire collected the sociodemographic and practice characteristics and weight management strategies offered at community pharmacies in Palestine.

**Results:** A total of 350 pharmacists completed the study. The highest percent of pharmacists (78.3%) had a bachelor degree in pharmacy, (76.6%) graduated from Palestinian universities. About 65% of the pharmacists had been in practice since fifteen years or less. About 45% of the pharmacists had course(s) on weight management during their pharmacy school. The highest percentage of pharmacists who were under of 40 years old asked their patient about dietary habits (p-value = 0.027), refer their patient to dietician (p-value = 0.035), and needed extra staff and guidelines in pharmacy (p-value = 0.036, 0.034 respectively).

**Conclusion:** Pharmacists needed more training to provide weight management advice. Further studies are still needed to improve provision of healthcare services in community pharmacies in Palestine.