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Evaluating the Knowledge, Attitude and Practices related to Nutraceutical use and Nutravigilance among Pharmacy Students in Malappuram District- A Prospective Study

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ABSTRACT

Nutraceuticals use is increasing, especially among pharmacy students, who play a vital role in their responsible use. However, knowledge gaps in drug interactions, adverse effects, and nutravigilance remain a concern. Despite positive attitudes, participation in nutravigilance is limited. Enhancing education and training is crucial for their safe and effective use. **Aim and Objectives:** To assess the knowledge, attitudes, and practices (KAP) related to nutraceutical use and nutravigilance among pharmacy students in Malappuram District. **Materials and Methods:** A descriptive, cross-sectional, questionnaire-based study was conducted over four months among 362 pharmacy students in Malappuram District. A validated questionnaire assessed their KAP regarding nutraceuticals and nutravigilance, and data were analysed quantitatively. **Results:** Most students correctly identified the definition (81.5%) and purpose (59.9%) of nutraceuticals, but misconceptions about their role and safety persisted. Awareness of nutravigilance was moderate (66.3%), yet gaps remained in post-market surveillance understanding. Attitude assessment showed a positive perception, with 61.9% considering nutraceuticals essential and 75% emphasizing consumer education. In practice, 51.4% reported infrequent or no use, and only 13.5% had participated in nutravigilance, with 46.5% unaware of it. Additionally, 40% had never considered staying updated on nutraceutical safety. **Conclusion:** Pharmacy students in Malappuram District demonstrate a moderate level of knowledge about nutraceuticals and nutravigilance. Many were unfamiliar with adverse event reporting systems and underestimated the importance of reporting. This inadequate awareness poses a significant risk to patient safety as underreporting can hinder the identification of serious safety concerns associated with nutraceuticals. Strengthening students' knowledge and promoting responsible use and safety monitoring will improve healthcare outcomes.

Keywords: Nutraceuticals, Nutravigilance, KAP study, Pharmacy students

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