



The French people, the General Practitioners and Responsible Self-Medication

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SURVEY CONDUCTED ON BEHALF OF



SAMPLE

1003 people aged over 18

301 private practice General Practitioners (GP's)

This report complies with international norm ISO 20252
« Market studies, social surveys and opinion polls ».

As for any quantitative analysis, this survey presents results with the margin of error inherent in the calculation of statistics.

FIELD STUDY DATES

General Public : 16 to 19 November 2015

General Practitioners : 9 to 25 November 2015

METHOD

Samples questioned by Internet.



General public : quota method applied to the variables of gender, age, profession of the person questioned, region and town category.



General Practitioners : quota method applied to the variables of gender, age, region and town category of the GP practice location.



FRENCH PEOPLE WHO ALREADY PRACTICE RESPONSIBLE SELF-MEDICATION

REMINDER : RESPONSIBLE SELF-MEDICATION IS DEFINED AS FOLLOWS : WHENEVER A PATIENT TREATS CERTAIN MINOR SYMPTOMS WITH OVER-THE-COUNTER MEDICINE, IN COMPLIANCE WITH THE USE CONDITIONS INDICATED, WITH PHARMACIST ADVICE AND WITHOUT CONSULTING A DOCTOR.

GAME CHANGERS



8 out of 10 French people have practiced responsible self-medication during the past 12 months.

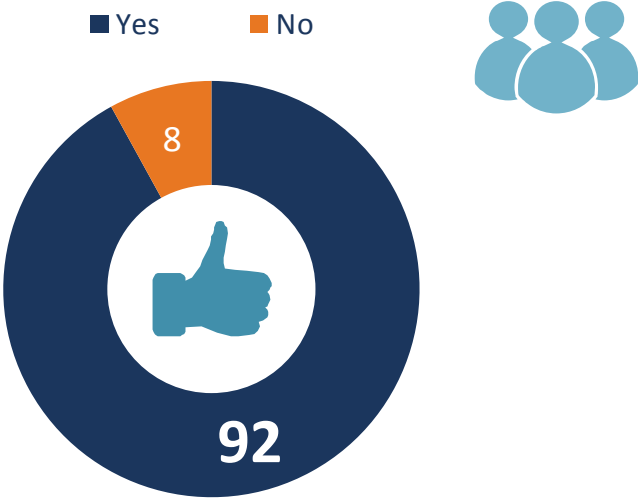


During the past 12 months

General Public : Responsible self-medication is defined as follows : whenever a patient treats certain minor symptoms with over-the-counter medicine, in compliance with the use conditions indicated, with pharmacist advice and without consulting a doctor. Have you, personally, practiced responsible self-medication during the past 12 months ?

According to the French people themselves, the last time they self-medicated it was efficient and made the symptoms disappear.

Base : Those who self-medicated



General Public: The last time you took over-the-counter medicine, in compliance with the use conditions indicated, with pharmacist advice and without consulting a doctor, did the symptoms disappear without your needing to have a medical consultation ?

According to the GP's, 16% of their consultations could be treated with responsible self-medication.



GP's: Out of 100 patients you see in consultation, how many suffer from a health issue which could, according to you, be treated with responsible self-medication, in other words, with over-the-counter medicine, in compliance with the use conditions indicated, with pharmacist advice and without consulting a doctor ?

Today, a certain number of the GP's encourage their patients to self-medicate for some minor health issues...



General Practitioners

Over half of the GP's are in favour of self-medication for these minor health issues

- 77%
- 65%
- 63%
- 60%
- 57%
- 54%
- 52%
- 51%

Yes %

- Colds with clear nasal discharge, headaches and/or fever , stuffy nose
- Pains resulting from influenza-like illness
- Temporary (acute) diarrhea
- Constipation
- Herpes labialis breakouts, also known as "fever blisters"
- Minor sleep disorders
- Hacking coughs or coughs due to throat irritation
- A verruca or wart
- Gum disease
- Haemorrhoidal flare-up

GP's : And for each of the following health issues, do you encourage your patients to practice responsible self-medication, in other words, treat the symptoms with over-the-counter medicine, in compliance with the use conditions indicated, with pharmacist advice and without consulting a doctor ?

...but they do not recommend self-medication for all health issues which can normally be treated with Optional Medical Prescription medicine



General Practitioners

38%

Yes %

Toothaches

33%

Viral pharyngitis

31%

Pinworms (small white worms in stools)

29%

Backache, acute lumbalgia

25%

Eczema

23%

Conjunctival irritation, isolated or recurring (conjunctivitis)

18%

Vulvovaginal fungal infections

17%

Localized outbreak of hives (itching, redness, edema)

7%

Erectile dysfunction

6%

Incontinence

GP's : And for each of the following health issues, do you encourage your patients to practice responsible self-medication, in other words, treat the symptoms with over-the-counter medicine, in compliance with the use conditions indicated, with pharmacist advice and without consulting a doctor ?



FRENCH PEOPLE WHO FEEL ABLE TO DEAL WITH THEIR MINOR HEALTH ISSUES BY THEMSELVES

Almost all French people, regardless of their age, feel able to deal with minor health issues by themselves.

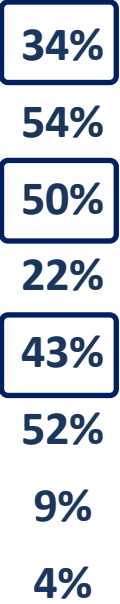


General Public : On questions related to your health, when these concern simple topics (health lifestyle, prevention, screening, minor health issues and their symptoms, their treatment) you feel that you are:

It is to be noted that their first reflexes, in case of minor health issues, are to look in the medicine cabinet and ask for pharmacist advice, before calling upon a doctor and well ahead of internet



Several answers are possible



Look for suitable medicine in the medicine cabinet

Ask a pharmacist for advice

Schedule an appointment for a consultation

Wait for it to go away

Look for information on internet

Call a doctor to talk or seek advice

Go to the hospital, to Emergencies

Dial 15 (French medical emergency hotline)



GP's : According to the feedback you get from patients you see in consultation, what do they do most often when confronted with a health issue which is minor but which bothers them ?
General Public : When you are confronted with a health issue (cold, sore throat, runny nose, hacking cough, fever...) which is minor but which bothers you, what do you do most often ?

A responsible use of the medicine cabinet : careful reading of the medicine package leaflet (74%) and request for pharmacist advice (34%) ahead of internet (16%) which is at the same level as requests for GP advice (15%)



You read the medicine package leaflet carefully **74**

You go see your pharmacist to ask him for advice **34**

You check how to take this medicine on a specialised health care website on internet **16**

You ask one of your relatives for advice **16**

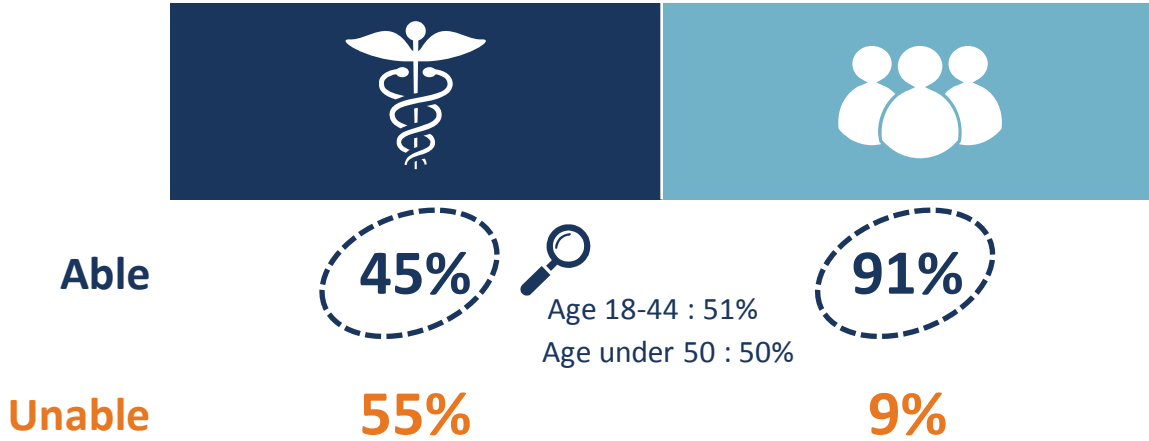
You call your GP to tell him and ask him for advice **15**

You check the Vidal medical information **5**

General Public: Before taking medicine which you already have in your medicine cabinet for a health issue (cold, sore throat, runny nose, hacking cough, fever...) which is minor but which bothers you and for which you don't have a medical prescription, what do you do most often ?

The GP's are more divided. They nevertheless consider that nearly half of their patients are able to deal with a minor health issue.

With significant differences concerning young doctors.



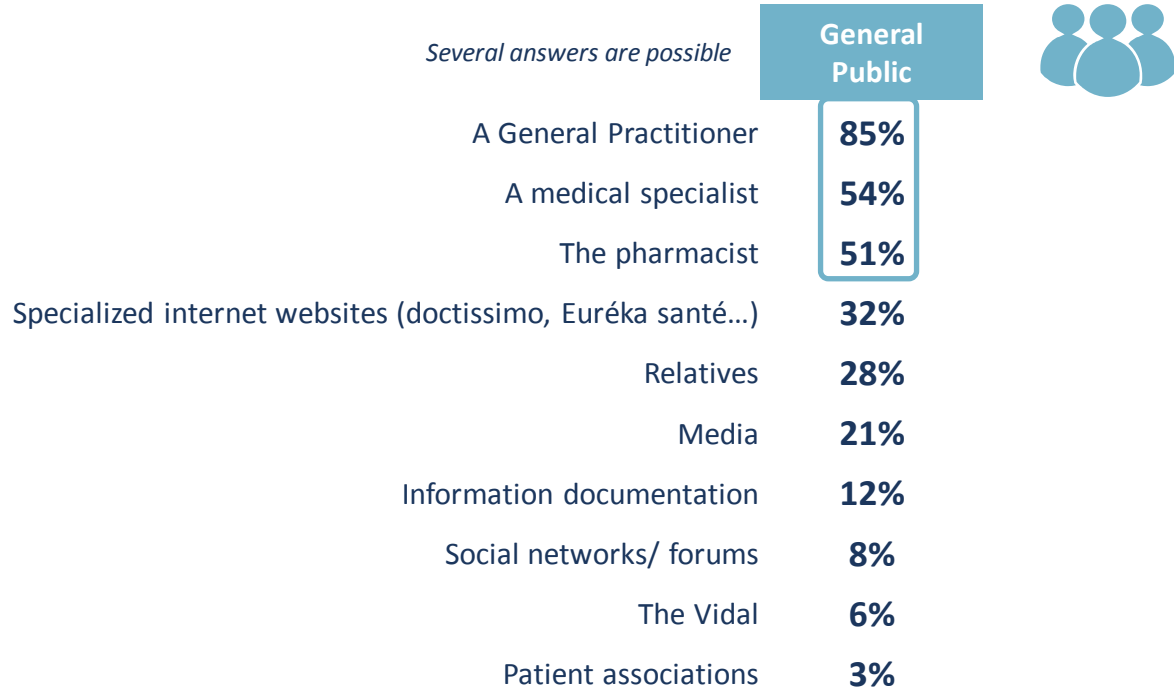
GP's : According to you, out of 100 patients you see in consultation, how many are able to responsibly self-medicate, in other words, use over-the-counter medicine, in compliance with the use conditions indicated, with pharmacist advice and without consulting a doctor, in case of a minor health issue (health lifestyle, prevention, screening, mild health issues and their symptoms, their treatment) :

General Public : On questions related to your health, when these concern simple topics (health lifestyle, prevention, screening, minor health issues and their symptoms, their treatment) you feel that you are:



SELF-MEDICATION : A PRACTICE GUIDED BY THE ADVICE OF HEALTH CARE PROFESSIONALS

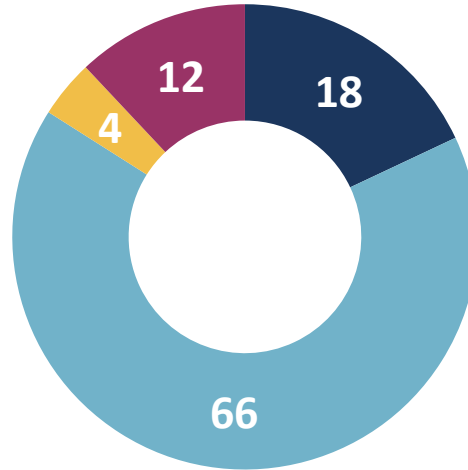
85% of the French people seek information via their General Practitioner, 54% via a medical specialist and 51% via their pharmacist.



General Public : Today, what are your main sources of information regarding health care ?

For 84% of the GP's, responsible self-medication will increase in the next 5 years.

■ Increase significantly ■ Rather increase ■ Rather decrease ■ Decrease significantly ■ Remain stable



**Increase
84%**

GP's: Would you say that in the next 5 years, the proportion of patients who practice responsible self-medication will tend to...

GP's willing to support their patients by explaining which over-the-counter medicines they could take in the future.



■ Quite willing ■ Rather willing ■ Rather not willing ■ Not willing at all

Explain to them during a consultation which over-the-counter medicine they could take if they are confronted with the same problem in the future



Willing
73%

Give them advice over the phone on the treatment to take



47%

Encourage them to go directly to their pharmacist to get advice and a treatment



41%

Give them advice by e-mail on the treatment to take



19%

GP's: Would you be quite or rather willing, or rather not or not willing at all, to do the following to encourage your patients to practice responsible self-medication for a health issue which is minor but which bothers them :

The GP's also consider responsible self-medication as a way to de-saturate their offices (59%), reduce health care spendings (53%) and enable them to re-focus on more severe health problems (63%).



■ Fully agree ■ Rather agree ■ Rather disagree ■ Completely disagree

The development of responsible self-medication with pharmacist advice would enable the GP's to **devote more time to patients with more severe / chronic health problems.**



Agree



63%

Under age 50:
75%

The development of responsible self-medication with pharmacist advice would **de-saturate your office** and reduce the waiting time and the time before an appointment slot is available



59%



Under age 50:
71%

The development of responsible self-medication with pharmacist advice is **an efficient way of reducing health care spendings in France** as the patients themselves will finance their health care



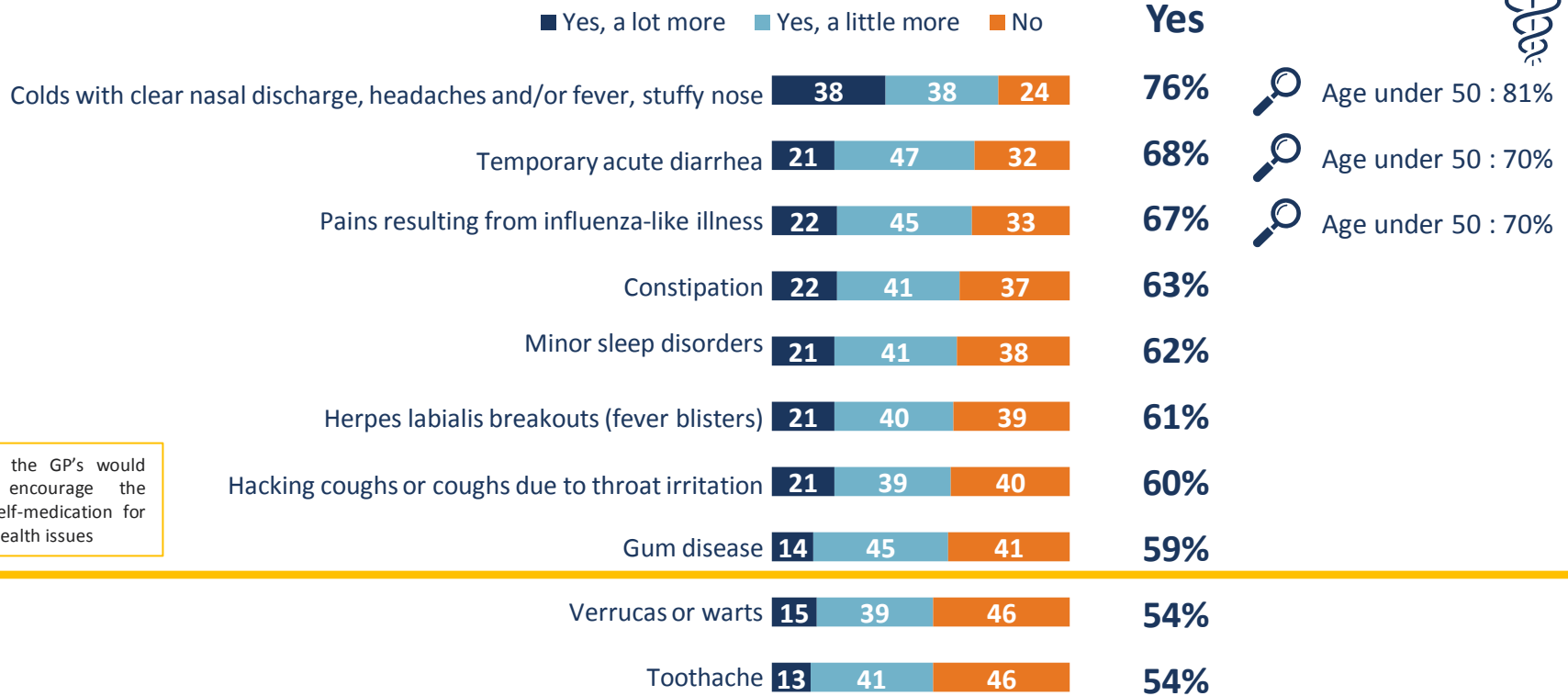
53%



Under age 50:
59%

GP's: Do you agree or disagree with each of the following statements :

GP's also willing to encourage responsible self-medication for certain pathologies. Genuine but logically moderate encouragement.



Over half of the GP's would increasingly encourage the practice of self-medication for these minor health issues

GP's: For each of the following health problems, would you be willing to encourage your patients to increase their practice of responsible self-medication ?



**WHAT EFFORTS ARE THE PATIENTS
WILLING TO MAKE ?**

In a context of people strongly attached to the health care system and aware of the need for reform...



Agree %



97%

The French health care system provides quality health care

90%

89%

The health care system is a foundation of the French social model, which I am very attached to

90%

84%

The French health care system is in danger and needs to be reformed

79%

87%

The French health care system enables all people to access quality health care, regardless of their income

70%

71%

The French health care system enables all people to access quality health care, regardless of where they live

66%

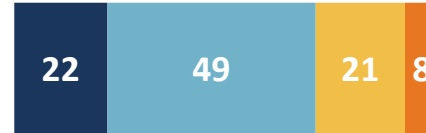
GP's/General Public : Do you agree or disagree with each of the following statements :

..., the patients are willing to do more, in particular regarding individual financing of their health care spendings for minor health issues (60%).



■ Yes, absolutely ■ Yes, rather ■ No, rather not ■ No, not at all

Deal with minor health issues with over-the-counter medicine and only with pharmacist advice, in other words, without consulting your family doctor



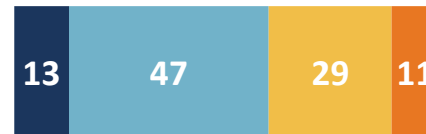
Yes

71%

No

29%

Accept individual financing of the health care spendings for your minor health issues



60%

40%

General Public : Amongst the proposed statements, which ones would you be willing to accept in order to continue benefitting for the health care system as it exists in France today :

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GAME CHANGERS



French people willing to practice responsible self-medication for most of the minor health issues which they are often confronted with (1/2).

Base : people who have already been confronted with the pathology



Yes %	General public
Colds with clear nasal discharge, headaches and/or fever , stuffy nose (n=819)	89%
Hacking coughs or coughs due to throat irritation (n=701)	85%
Constipation (n=332)	85%
Temporary (acute) diarrhea (n=366)	83%
Herpes labialis breakouts, also known as "fever blisters" (n=188)	77%
Pains resulting from influenza-like illness (n=516)	76%
Pinworms (small white worms in stools) (n=28)	72%
Minor sleep disorders (n=416)	71%
Gum disease (n=133)	71%
A verruca or wart (n=168)	66%

General Public : Concerning each of these health issues, do you think it is properly dealt with by responsible self-medication, in other words, by over-the-counter medicine, in compliance with the use conditions indicated, with pharmacist advice and without consulting a doctor ?

French people willing to practice responsible self-medication for most of the minor health issues which they are often confronted with (2/2)

Base : people who have already been confronted with the pathology

Yes %	General public
Haemorrhoidal flare-up (n=187)	64%
Toothache (n=421)	53%
Conjunctival irritation, isolated or recurring (conjunctivitis) (n=170)	52%
Localized outbreak of hives (itching, redness, edema) (n=125)	49%
Vulvovaginal fungal infections (women) (n=134)	48%
Viral pharyngitis (n=257)	46%
Backache, acute lumbalgia (n=570)	41%
Eczema (n=135)	39%
Incontinence (n=52)	39%
Erectile dysfunction (men) (n=53)	24%



General Public : Concerning each of these health issues, do you think it is properly dealt with by responsible self-medication, in other words, by over-the-counter medicine, in compliance with the use conditions indicated, with pharmacist advice and without consulting a doctor ?