



Saratov State
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THE ROLE OF PHARMACISTS IN PROVIDING PHARMACEUTICAL CARE FOR PATIENTS WITH HEADACHES

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BACKGROUND AND IMPORTANCE

According to statistics of the World Health Organization, at least half of the world's adult population experienced headaches at least once a year. Patients suffering from headaches do not always have the opportunity to visit a doctor, therefore, an important role in helping these patients is assigned to pharmacists.

MATERIALS AND METHODS

Based on the pharmacoepidemiological study, identify the features of the providing of pharmaceutical care to patients with headaches (conversation with the patient, behaviour and knowledge of pharmacists, priority recommendations and factors affecting them).

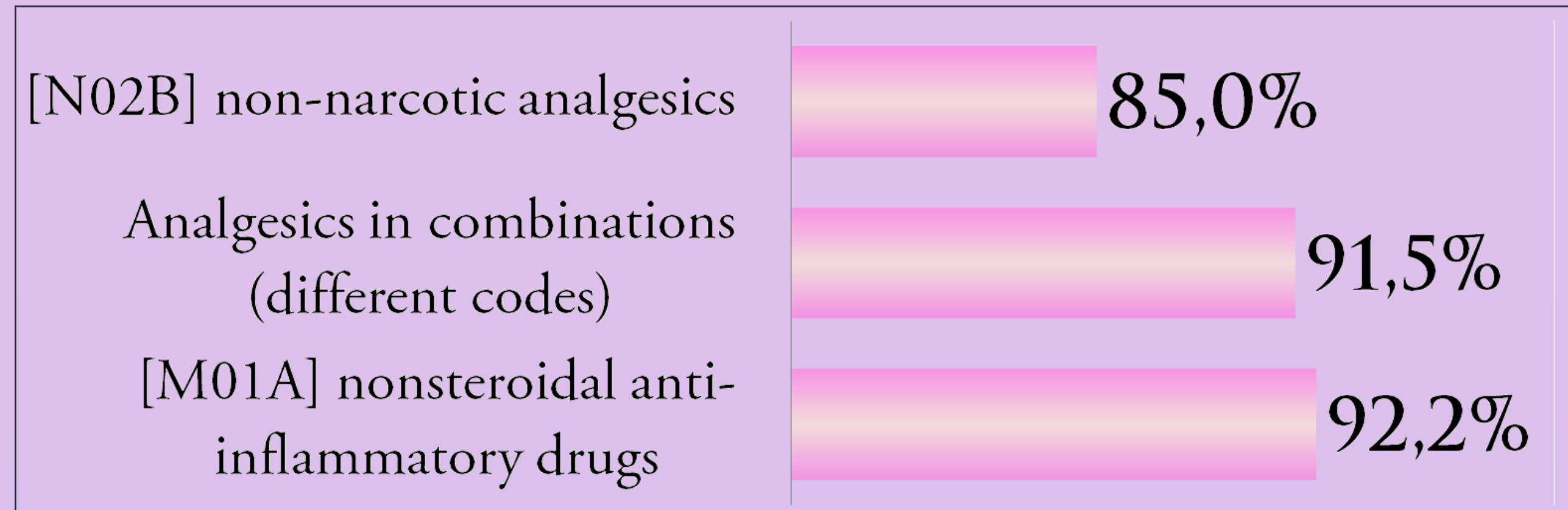
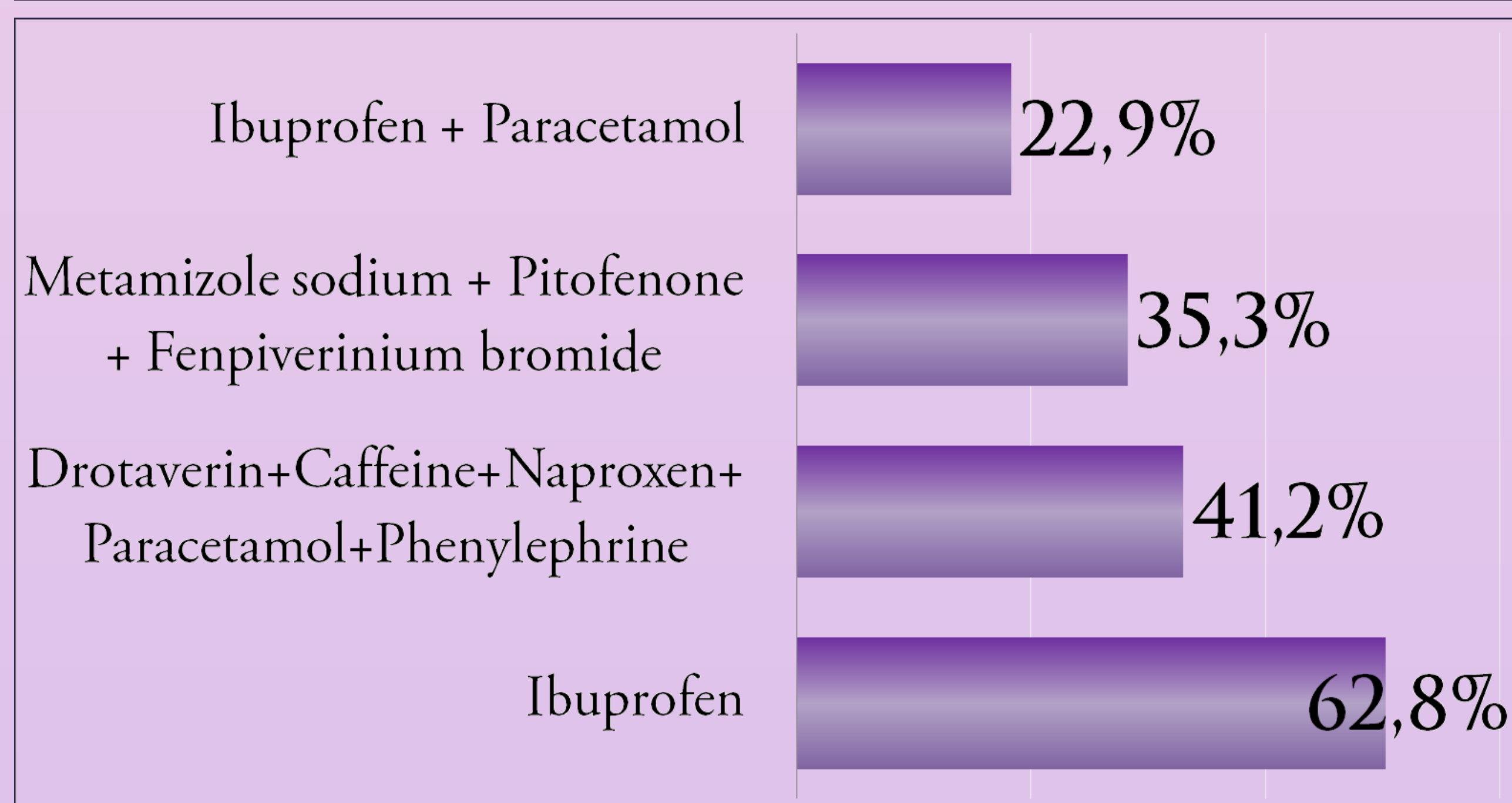
AIM AND OBJECTIVES

A pharmacoepidemiological study was conducted, which was based on a survey of 153 pharmacists using a specially questionnaire. The data was processed using Microsoft Excel.

RESULTS

- Pharmacists noted that they are **often** meet with requests for the recommendation of a headache drug (**66,7%**)
- Most often the request **isn't defined** (**56,9%**)
- More than half of the respondents (**54,9%**) **could recommend a prescription drug**
- 80,4% of pharmacists will release the prescription drug without a prescription** if there is a doctor's instructions or a list of recommendations.

THE MOST FREQUENTLY RECOMMENDED GROUPS AND DRUGS



For headaches **associated with colds**, **combined drugs with paracetamol** are recommended (69.2%).

Only **in one of three cases (32.8%)** during a dialogue with a patient the pharmacist **will ask about the character, location and possible causes of the headache.**

TOP-FACTORS INFLUENCING THE RECOMMENDATION

Factor	Rank (5-point scale)
Contraindications	4,20±0,17
Efficiency and safety	3,98±0,19
Patient age	3,86±0,18
Ease of use	3,84±0,17
Own experience	3,82±0,18

Half or most pharmacists found it **difficult to answer what is used in the treatment of cluster headache, abusus headache, headache after injury, trigeminal neuralgia, as well as headache associated with vascular damage to the brain and neck.**

85.6% of pharmacists can recommend a drug for the treatment of headache in a child under **3 years of age (primarily paracetamol or ibuprofen in rectal form or suspension).**

The recommendation for **pregnant women** (64.1% of pharmacists) includes **ibuprofen** (34.7%) and **paracetamol** (50.0%).

CONCLUSION AND RELEVANCE

Pharmacists' recommendations are often based on non-specific questions about headaches. Frequent recommendations of combined analgesics indicate an irrational choice of the drug. These results confirm the need to create rational algorithms for counseling patients with headaches, as well as to improve the knowledge of pharmacists in this area. In the future, this may contribute to improving the quality of pharmaceutical care and identifying patients with migraine and abusus headache.

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