



# AN OBSERVATIONAL MULTICENTRE STUDY TO PROMOTE INDEPENDENT CLINICAL RESEARCH AND EDUCATION TO YOUNG HOSPITAL PHARMACISTS: THE QOSMOS PROJECT



D. Mengato<sup>1</sup>, F. Milani<sup>2</sup>, L. Agnoletto<sup>3</sup>, N. Freddi<sup>4</sup>, R. Rampazzo<sup>5</sup>, V. Damuzzo<sup>2</sup>, N. Realdon<sup>2</sup>

1. Bolzano General Hospital, Bolzano, Italy; 2. School of Hospital Pharmacy, University of Padova, Italy; 3. Rovigo General Hospital, Rovigo, Italy; 4. Sant'Antonio Hospital, Padova, Italy; 5. Veneto Regional Health Service, Venice, Italy

## WHAT WAS DONE?

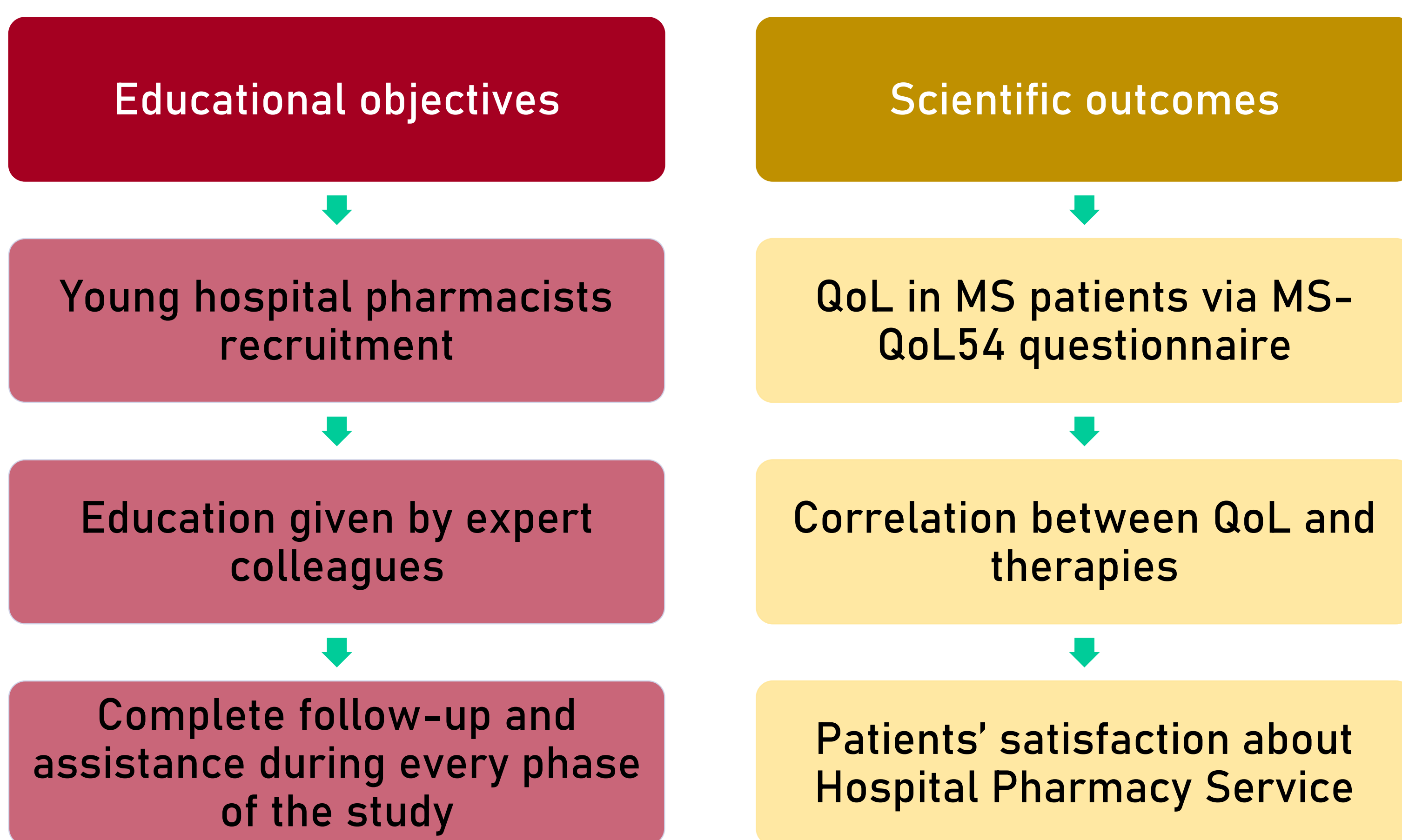
- In 2017 the Italian Society for Clinical Pharmacy and Therapeutics (SIFaCT) and the National Association of SHP Students (ReNaSFO) established a joint action.
- An observational multicenter study investigating Quality of Life (QoL) in Multiple Sclerosis (MS) was designed. We called it QOSMOS, that stands for "Quality Of life in Multiple Sclerosis: a Multicentre Observational Study".
- This topic was chosen because of the lack of updated evidence between new disease-modifying drugs and QoL in real-practice.

## WHY WAS IT DONE?

- We started this project to improve young hospital pharmacists' skills in research activity.
- A recent survey on the activities of young pharmacists has shown a lack of education in clinical research.
- We strongly think that Italian pharmacists should overcome these educational difficulties to become more involved in clinical research.
- Collaborations between Scientific Associations and Students Organizations should be encouraged to fill gaps in university education.

## HOW WAS IT DONE?

We designed a multicentre observational study with both educational and scientific objectives, we reached these outcomes as follows:



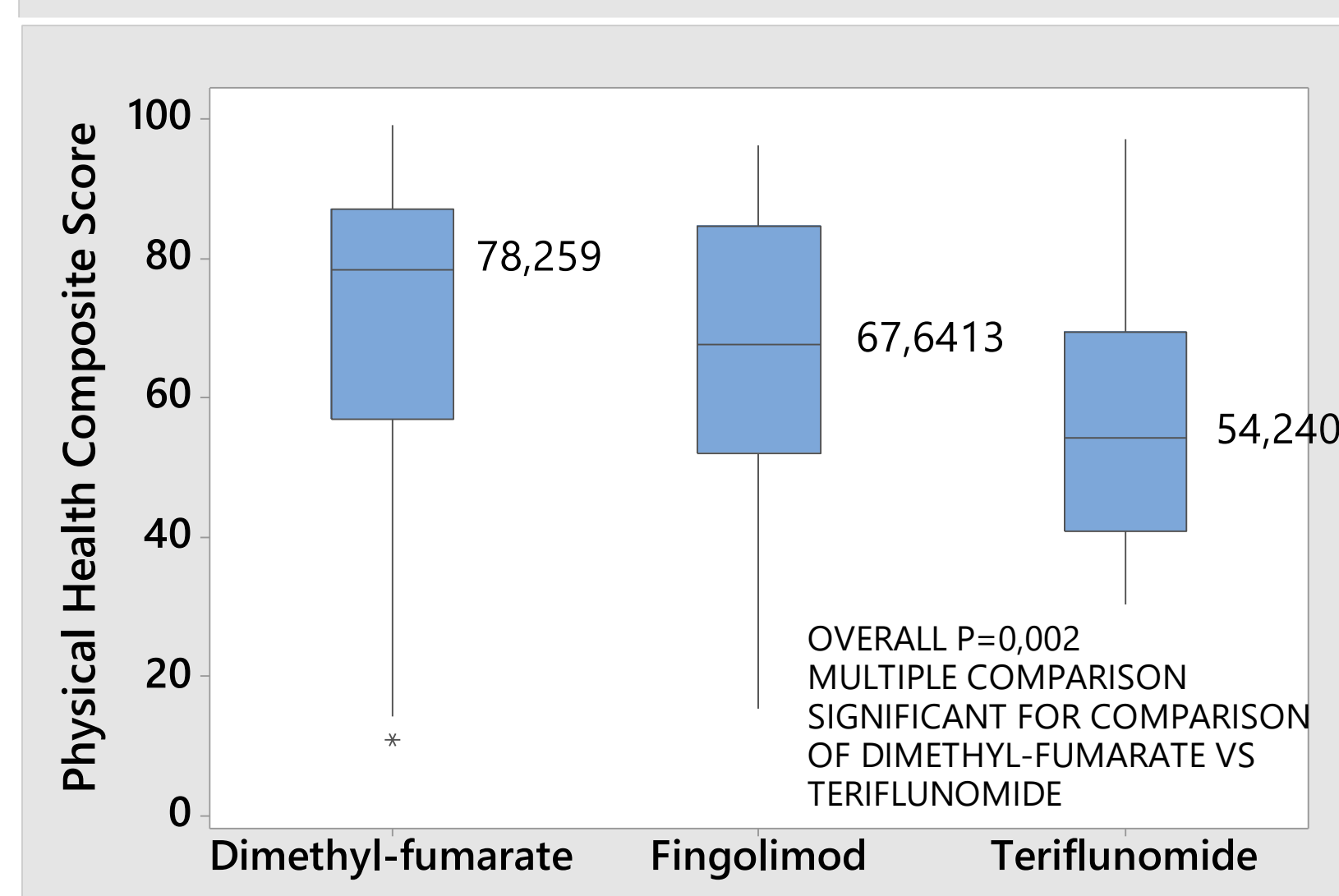
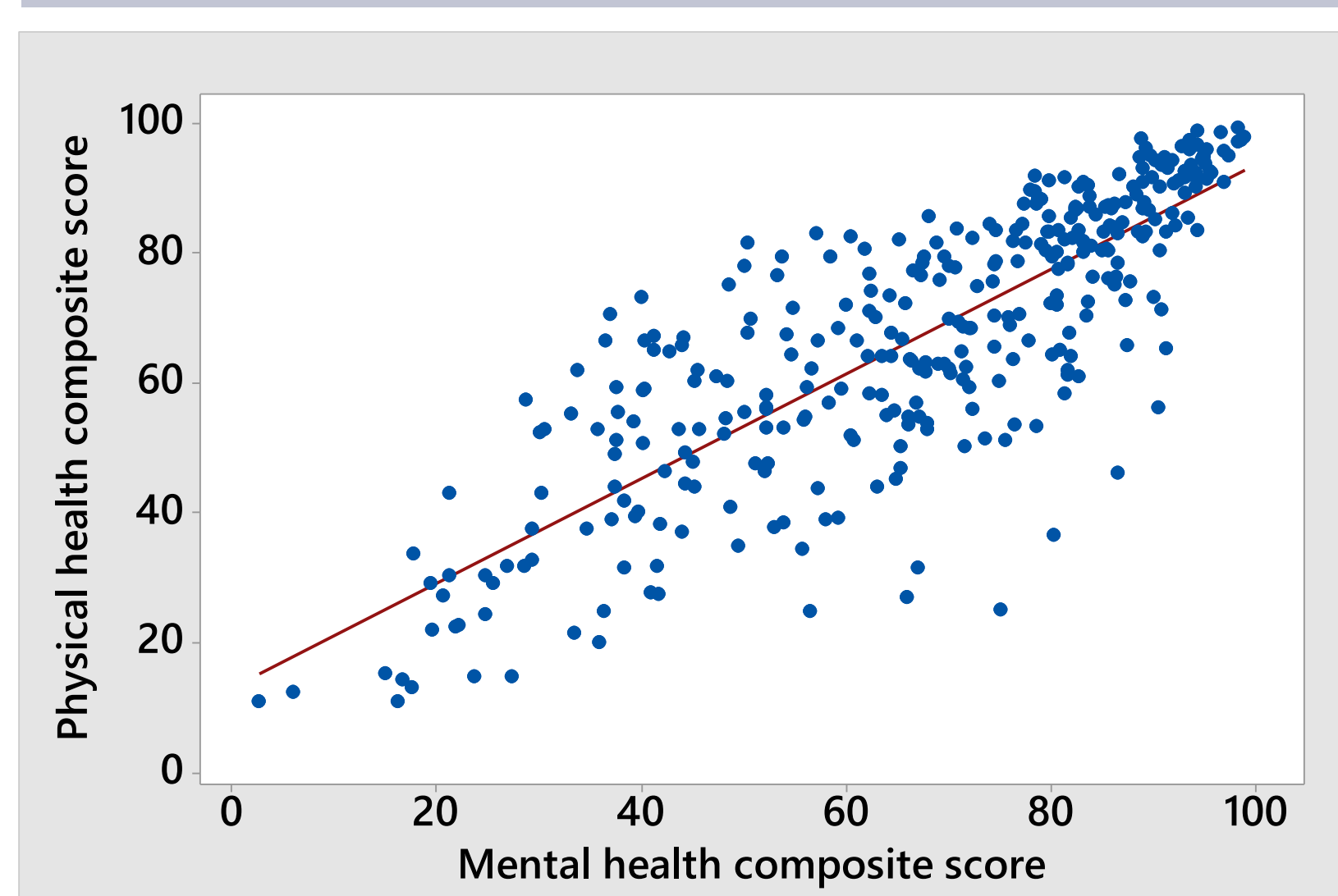
## WHAT NEXT?

We would like to keep on sustaining young hospital pharmacists in other research activities. For example, we're planning another observational study to investigate the efficacy of optimization strategies in HIV-positive patients and the impact of clinical pharmacist in Infectious Diseases Departments. Regarding QOSMOS, we are going to write a scientific paper for the submission to a peer-reviewed journal. This final aspect of the project has an educational goal once again, namely to bring young colleagues closer to writing and disseminating science.

## WHAT HAS BEEN ACHIEVED?



- 22 young hospital pharmacists
- 16 centres from whole Italy
- 341 patients enrolled
- From May 2018 to June 2019
- Mean MS-QoL54 scores: physical 67.14±21.19 and mental 67.04±21.66
- The 2 scores are directly correlated (R=0.826; p<0.001)
- They have an inverse correlation with the degree of EDSS disability status (R=-0.511; p<0.001)
- No correlation between QoL and route of administration
- Lower scores for teriflunomide compared to other oral drugs



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