Clinical Pharmacy and Pharmaceutical Care research in practice: challenges and opportunities

Margarida Caramona
Faculty of Pharmacy
Coimbra University/ Portugal
THE CHALLENGES TO PUT IN PRACTICE
THE NEEDS FOR A BETTER PATIENTS CARE

Schools of pharmacy + Professionals →
→ Are the main force and the real opportunity to change and to improve the pharmacy practice

“Sciences-based pharmacy education towards better medicines and patients care”

“Access to medicines and pharmacists today, better outcomes tomorrow” (FIP-2014)
With more potent and complex pharmaceutical agents available to the treatment more increases

- information needs about medicines (doctors and patients)
- drug related morbidity and mortality
- rising costs connected with the use of medicines
- the responsibilities attributed to the pharmacists.

The correct use of medicines significantly decrease

- untreated health problems
- the poor outcomes of pharmacotherapy
- the ineffective and unsafe treatments

Medicines are precious goods and the patients need to learn how to use them
Looking the past for reflexion the future

- Since 1979 → European Society of Clinical Pharmacy
- Clinical Pharmacy as a tool for better use of medicines, better health outcomes and a better use of health care resources.
- In 1990 – Heppler & Strand → Pharmaceutical Care
- Pharmaceutical Care is the responsible provision of drug therapy for the purpose of achieving definitive outcomes that improve a patient’s quality of life.
- In 2013 – in Int J Clin Pharm editorial by F.vanMill & F.Llimós
… after 1990

- In 1993 WHO Assembly in Tokyo
  - The members ask for the development of a patient-centered practice in order to the Pharmaceutical Care and recognize and strengthen this concept

- The European Association of Faculties of Pharmacy in 1999 – approve and publish a report from a working group coordinated by Prof Dick Tromp for the teaching and development the pharmaceutical care philosophy.

- Also the World Medical Association in 1999– recognize the responsibilities to the pharmacists.
c. THE PHARMACIST’S RESPONSIBILITIES (Only in relation to medicinal therapy)

1. Providing information to patients, which may include the name of the medicine, its purpose, potential interactions and side effects as well as correct usage and storage.

2. Reviewing prescription orders to identify interactions, allergic reactions, contra-indications and therapeutic duplications.

3. On request of the patient, discussing medicine-related problems or concerns with regard to the prescribed medicines.

4. Reporting adverse reactions to medicines to health authorities, when appropriate.

5. Maintaining a high level of knowledge about medicinal therapy through continuing professional development.
Relation of Pharmaceutical Care to other fields and activities within Pharmacy Practice

- Social and administrative pharmacy
- Pharmaco-economy
- Clinical pharmacy
- Pharmaco-epidemiology
- Law and ethics
- Dispensing
- Responding to symptoms
- Health promotion and disease prevention
The Pharmaceutical Care process

- Identify drug/disease related problems
- Find out patients expectations

- Select intervention together with patient
- Communicate with other HCP’s
- Rationalise treatment plan
- Set specific outcomes
- Set patient’s education
- Set patient monitoring plan

- Patient assessment
- Intervention
- Outcomes assessment

Documentation
Communication
Monitoring
In order to a patient oriented service / or in a perspective of the pharmaceutical care services

- Monitor the process in the use of medicines from a preventive attitude
- Identifying the risk factors in the medicine use process
- Acting within the dispensing in the analysis of the morbidity indicators and in the medication review
- Monitor the outcomes from a reactive attitude
  - Identifying the negative outcomes (by pharmacotherapy follow-up and disease management).
Medicines dispensing Management System
Orientation to a disease or a group of patients
Individualized contact with the patient
The new competencies for pharmaceutical care
- Communication skills
- Update information for scientific-based decision
- Individual health critical analysis
- Ethical behavior
- Team work and leadership

Technical competence and knowledge
- Solid training in pharmaceutical sciences (mainly in pathophysiology, pharmacology and pharmacotherapy)

Systematize and register the action in each case
- Communication Skills
- Update Information
- Health Promotion
- Disease Prevention

20th EAFP conference
20th EAFP conference

- Programme of disciplines
  - Case studies & practice
- Research exemples
  - Quality of life in hypertensive patients
  - Use of medicines in pregnancy
  - Pharmacotherapy in elderly… and others.

To point out
- When pharmacists and physicians collaborate together, recognizing each other’s roles to ensure that medicines are used safely and appropriately to achieve the best health outcomes to the patients.
Knowledge needs / professional skills

UNIVERSITY

PROFESSION

Research / update attitudes
The main barrier to the Pharmacist overcome will be his own mind and beliefs.

But… NEW FLOWING WINDS ARE COMING IN THE PHARMACIST DIRECTION AND WE NEED BE READY!

(Thanks to my colleagues IV Figueiredo & Mcastel-Branco)
20th EAFP conference

Thanks for your attention !!!