



## **Fund “Nauka” Project № 20018 Resume – Competition-Based Session 2020:**

**“Current trends and professional stress in pharmaceutical services”**

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The **aim** of this project is to study the modern scope of activity of the pharmaceutical profession and related occupational stress in pharmacists practicing in pharmacies.

### **To achieve this goal will be analyzed:**

1. International experience in conducting and managing pharmaceutical care as an accent of good pharmaceutical practice.
2. Public attitudes and expectations of pharmacists as the most accessible health professionals.
3. The specifics of the organization of the professional environment from the point of view of pharmacists.
4. The level of occupational stress in pharmacists practicing in pharmacies and the factors that affect them.

**Materials and methods:** The study will be conducted in pharmacies in the city of Varna. Two anonymous surveys among two focus groups will be used – clients to pharmacies and practicing pharmacists. The assessment of burnout among pharmacists will be carried out using a validated instrument – Maslach Burnout Inventory. Results will be processed using sociological and statistical methods.

### **Expected results:**

1. Internationally, pharmaceutical care is integrated into health systems as an essential element of health care.
2. Expectations are high for pharmacists as the most accessible medical professionals.
3. Pharmacists are charged with a large administrative activity that shifts the focus from patient care to administration.
4. There is a lack of time and opportunity for personal involvement of the pharmacists with the patient, tension is created during tendance.
5. The high workload is a prerequisite for high stress levels among practicing pharmacists.
6. The development of recommendations and strategies for dealing with stress, based on the identified factors, will contribute to the optimization of pharmaceutical care.