



Fund “Nauka” Project № 22019 Resume – Competition-Based Session 2022:
“Rational pharmacotherapy in the context of pharmaceutical care in patients with joint diseases”

Project leader: Assoc. prof. Anna Hristova Todorova, MPharm, MD, PhD

The aim of the project is to evaluate the rationality of pharmacotherapy in patients with joint diseases and the role of the pharmacist in improving their quality of life through the application of individualized pharmaceutical care.

Tasks to achieve the goal:

1. Analysis of established international practices for the provision of specialized pharmaceutical care (PG) for patients with joint diseases.
2. Monitoring the rationality of drug therapy (improper use, potential incompatibilities and interactions between different drugs, ADRs and other drug-related problems).
3. Evaluation of the quality of life of the examined patients with joint diseases.
4. Development of an algorithm for providing individualized PG to patients with joint diseases.
5. Evaluation of the impact of the applied PG by evaluation and analysis of the quality of life of the examined patients before and after the introduction of the algorithm.

Materials and methods: The study will be conducted in pharmacies in the city of Varna with the help of an anonymous survey – a structured questionnaire that allows a comprehensive assessment of the therapy and assessment of the quality of life with validated tools EQ-5Q-5D and EQ-Visual Analogue Scale [VAS].

Expected results:

1. Internationally, there are established standards for PG in patients with joint diseases, which can be adapted for Bulgaria.
2. Identification of the main drug-related problems, areas of irrational use of drugs and factors for reduced quality of life in patients with joint diseases.
3. As a result of the individualized PG, the safety and efficiency of the therapy as well as the quality of life of the patients are improved.
4. The developed algorithm for PG in joint diseases is applicable to the needs of pharmacy practice.