



**Fund “Nauka” Project № 24009 Resume – Special competition-based session
2024:**

“Pharmaceutical care to support rational pharmacotherapy and management of medication-related problems during pregnancy”

Project leader: Anna Hristova Todorova

The aim of the project is to determine the role of the pharmacist in identifying medication-related problems and supporting the rational use of medications in pregnant women.

Tasks:

1. Analysis of scientific literature related to medication-related problems (MRP) during pregnancy;
2. Analysis of international practices for medication review as an element of pharmaceutical care (PC);
3. Conducting a survey to identify MRPs, adherence to therapy, assessment of quality of life (QoL), and educational needs of pregnant women;
4. Identification, classification of MRPs, and analysis of related factors;
5. Development of an algorithm for PC to manage MRPs in pregnant women;
6. Development of educational materials for pregnant women;
7. Evaluation of the cost-effectiveness of clinical pharmaceutical services among pregnant women.

Materials and methods:

A systematic review, document analysis, and a survey in pharmacies in Varna based on a questionnaire that allows for the assessment of therapy, adherence, and QoL through validated tools: Medication Appropriateness Index (MAI), Morisky Medication Adherence Scale, EQ-5D-5L.

The expected results are related to determining the need for specialized PC to prevent MRPs in pregnant women based on a systematic literature review:

1. Approaches for medication review in pregnant women in Bulgaria are to be adapted based on the analysis of existing international practices;
2. It is expected that the study will identify the main MRPs, areas of irrational medication use, and factors for reduced QoL in pregnant women;
3. A PC algorithm for pregnant women, applicable to pharmacy practice, could be developed;

4. As a result of specialized PC and increased awareness of pregnant women regarding medication use, improvement in compliance and QoL is expected;
5. The role of the pharmacist as part of a multidisciplinary team in overall care for pregnant women is expected to be defined, reducing complications and healthcare costs.