



# **Polypharmacy as a silent epidemic. Implementation of modern pharmaceutical care services in Pomerania.**

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# Introduction

- A pharmacist is the most easily accessible healthcare professional
- The Act of 10 December 2020 on the Profession of Pharmacist: pharmaceutical care
  - 1. Providing pharmaceutical consultations.
  - 2. Conducting medication reviews along with an assessment of pharmacotherapy, taking into account the patient's drug-related problems.
  - 3. Developing an individual pharmaceutical care plan, taking into account the patient's drug-related problems.
  - 4. Performing diagnostic tests specified in regulations issued under paragraph 7.
  - 5. Issuing prescriptions as part of the continuation of a physician's order.

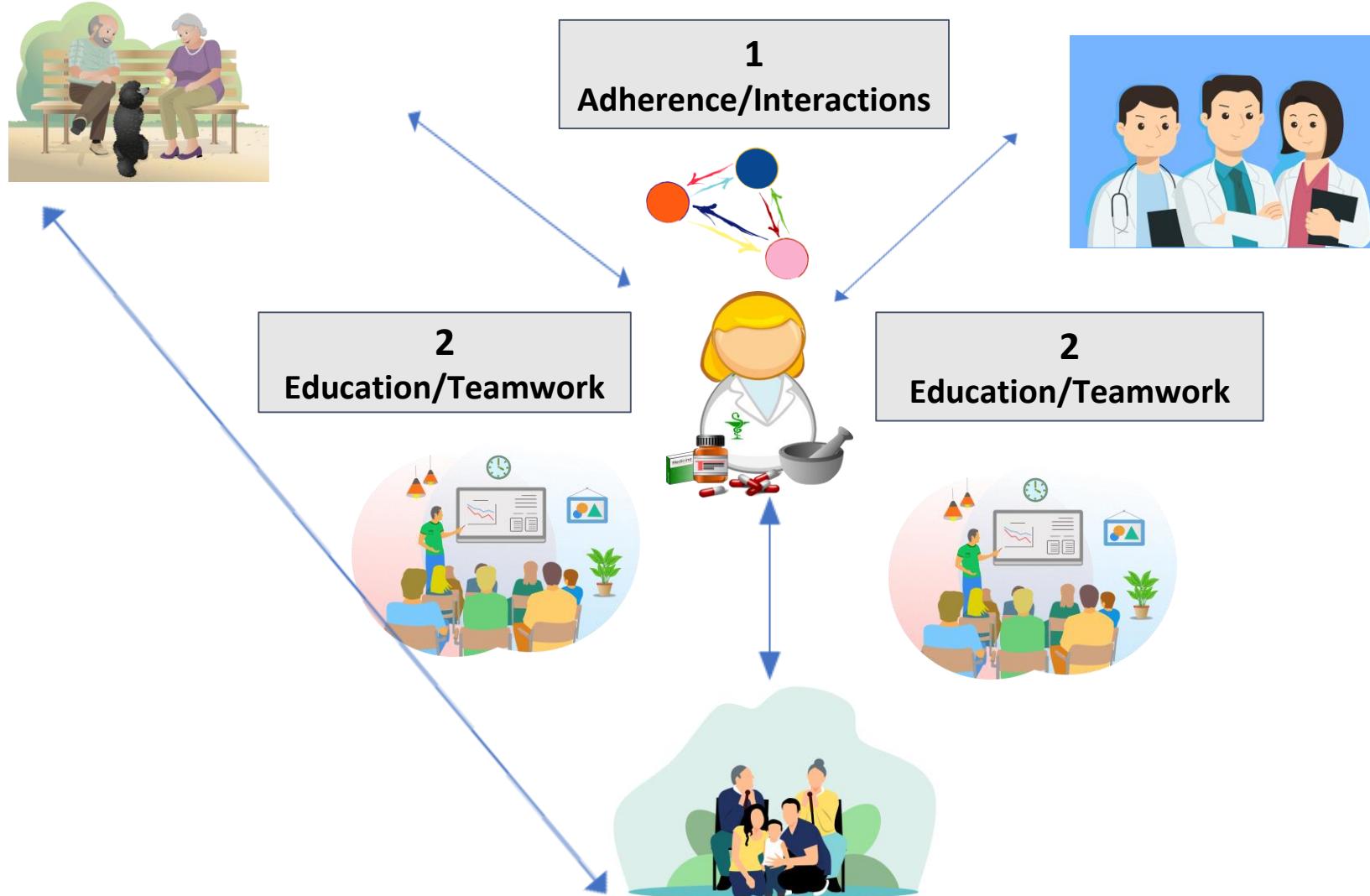


Warszawa, dnia 15 stycznia 2021 r.

Poz. 97

USTAWA  
z dnia 10 grudnia 2020 r.  
o zawodzie farmaceuty<sup>1), 2)</sup>

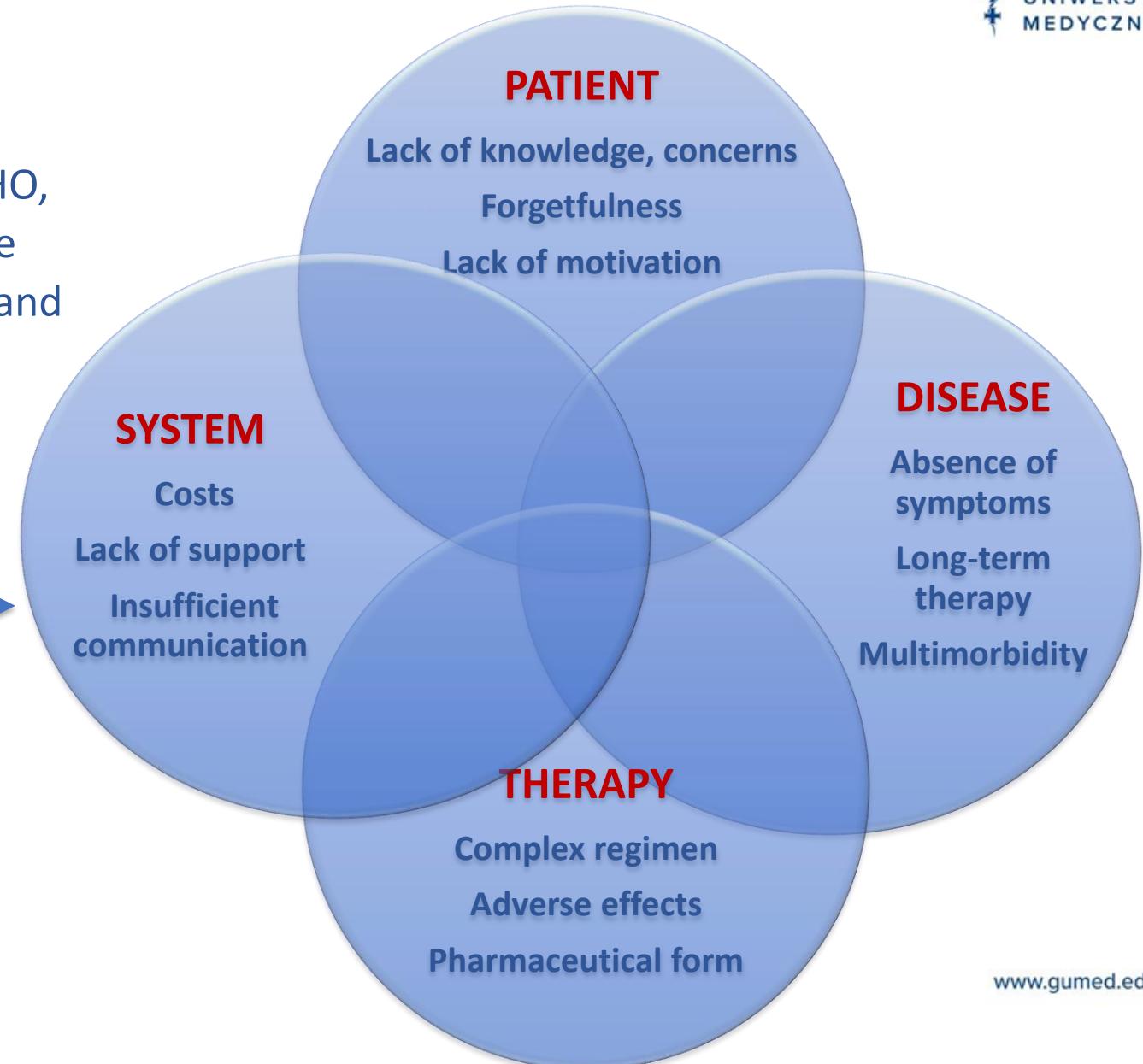
**Goal - to support healthy ageing by improving medication adherence, enhancing patient education, monitoring drug use, and identifying potential drug interactions — in order to prevent frailty syndrome and polypharmacy.**



# The pharmacist's practical role in patient care (1)

- **Adherence:** according to the WHO, up to 50% of patients do not take their medications as prescribed and recommended.

**Factors Contributing to  
Non-Adherence to Physician  
Recommendations**



# The pharmacist's practical role in patient care (2)

- **Polypharmacy**

*RX overprescription*



*Self treatment*



**RX  
medication**

**Advertising**

**Internet**

**„Medication  
sharing”**

# The pharmacist's practical role in patient care (3)

## Monitoring

- assessment of blood pressure, body weight and blood glucose levels



## Personalized Pharmaceutical Care

- medical services - NHS

PSNC  
Pharmaceutical Services Negotiating Committee

PSNC's Work, Funding and Statistics, Contract and IT, Dispensing and Supply, Services and Commissioning

Home > Services and Commissioning > Hypertension case-finding service

VIRTUAL OUTCOMES Online Training for Community Pharmacy Teams

Hypertension Case-Finding Service Now Live and FREE\* to view

A 3D illustration of a pharmacist in a green cap and a patient in an orange suit sitting at a table, with a blood pressure cuff on the patient's arm.

PHARMACY FIRST > NHS

YOUR PHARMACIST IS THERE TO HELP

You don't need to wait for a doctor's appointment.

Online Training for Community Pharmacy Teams

Other conditions include: Allergies, Asthma, Colds, Diarrhoea, Headaches, Injuries, Skin conditions, Travel advice.

Advice from your pharmacist is always free.

Use your PHARMACY FIRST >



# The pharmacist's practical role in patient care (4)

## Education as an Effective Strategy



Seniorplus  
6 dni • Obserwuj  
Centrum Aktywności Seniora Śródmieście • Obserwuj  
6 dni •  
Spotkanie w ramach projektu nowoczesnej opieki farmaceutycznej dla seniorów  
Gdański Uniwersytet Medyczny we współpracy z Gdyńskim Centrum Zdrowia oraz przedstawicielami gdańskiego samorządu opracowuje nowoczesny projekt opieki farmaceutycznej dla seniorów. Koordynatorem projektu, z ramienia Gdańskiego Uniwersytetu Medycznego, dr Izabela Zdrojewska prowadziła spotkanie z seniorami w Centrum Aktywności Seniora. Najpierw była prelekcja dotycząca znaczenia współpracy lekarzy i farmaceutów oraz innych osób opiekujących się seniorami dla poprawy kondycji i dobrostanu. Seniorzy brali udział w badaniach ankietowych, których zadaniem jest poprawa bezpieczeństwa pacjentów i polepszenie systemu ochrony ich zdrowia.



POMORSKA FUNDACJA MIĘDZYPOKOLENIOWA  
**KLUB SENIORA**  
PUSTKI CISOWSKIE-DEMPTOWO  
TEMAT  
WCZESNE WYKRYWANIE OSTEOPOROZY  
WYKŁAD O WIELOLEKOWOŚCI  
09.05.205 GODZ. 12:00  
Przystań Chabrowa 43

GDYNIA  
RADA DZIELNICY PUSTKI CISOWSKIE-DEMPTOWO  
PRZYSTAŃ CHABROWA 43  
BIBLIOTEKA GDYNIA  
Gdynia

Wydarzenie współfinansowane ze środków miasta Gdyni z budżetu dzielnicy Pustki Cisowskie-Demptowo na rok 2025.



# Challenges and barriers



- Low patient awareness
- The current operational model of community pharmacies
- Lack of standardized procedures
- Lack of reimbursement for pharmaceutical services



# Implementation of a pharmaceutical care programme in collaboration with local governments

Reducing adverse drug interactions to enhance the safety of polypharmacy  
among older adults living in Gdynia/Sopot.



Pomorskie Centrum Reumatologiczne  
im. dr Jadwigi Titz-Kosko w Sopocie sp. z o.o.



Podmiot Lecniczy z udziałem  
Samorządu Województwa Pomorskiego



Centrum Medycyny Rodzinnej  
Gdańskiego Uniwersytetu Medycznego

## Lead implementers (in alphabetical order)::

dr hab. **Ewa Bandurska**, WNoZ, GUMed – ekon.

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dr n. med. Piotr Gutknecht - **CMR GUMed** – klin.

dyr. **Anna Melki** – GCZ Gdynia

dyr. **Hanna Narloch** – UM Sopot

**Pomorskie Centrum Reumatologiczne**

dr n. farm. **Izabela Zdrojewska**, Wydz. Farm., GUMed – farm.

## Contributors and Consultants (in alphabetical order):

mgr **Kacper Jagiełło**, ekspert - statystyk GUMed

prof. dr hab. **Michał Markuszewski**, Wydz. Farm., rector GUMed

**Prezydent/Wiceprezydent Gdyni**

**Prezydent/Wiceprezydent Sopotu**

dr n. med. **Łukasz Wierucki**, WL, GUMed

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prof. dr hab. **Agnieszka Zimmermann**, WNoZ, prorector GUMed

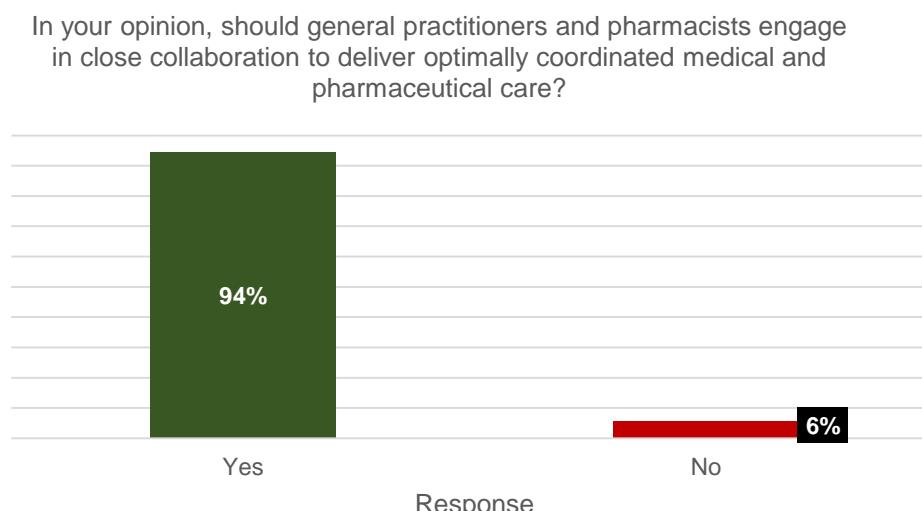
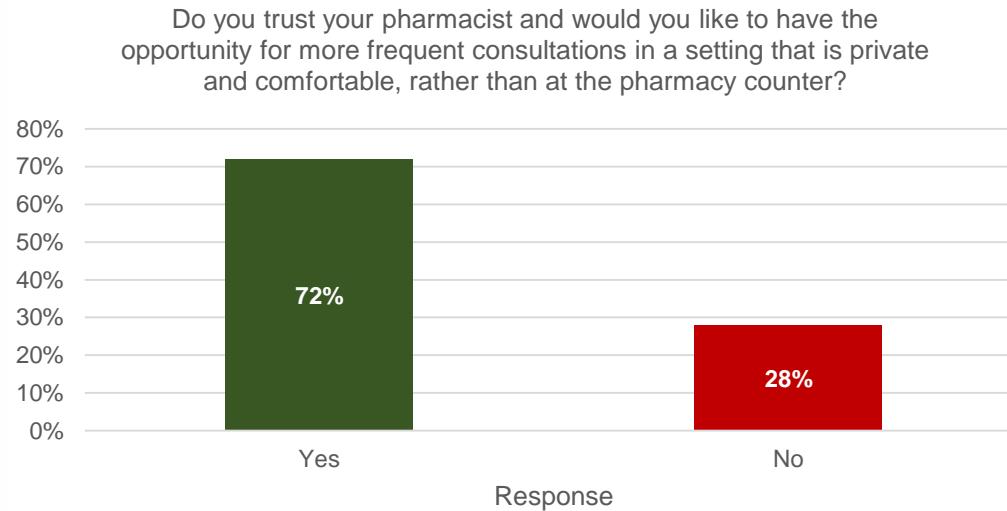
# Actions taken to prepare the project

- Focus group interviews – Gdynia Health Center + MUG

**25.10.2024 – Patients, 08.11.2024 – Pharmacists**



- Engagement sessions with older residents in Gdynia's senior clubs to explore perspectives on the appropriateness of introducing the project in the city – **May 2025**



## Project objectives:

1. To develop procedures and implement a collaborative model for physicians and pharmacists within the INTERVENTION module (Sopot, Gdynia, and in collaboration with the Medical University of Gdańsk).
2. To design health and economic analysis methods for evaluating the reduction of adverse drug events based on the PolSenior2 database – ANALYTICS module (Medical University of Gdańsk).

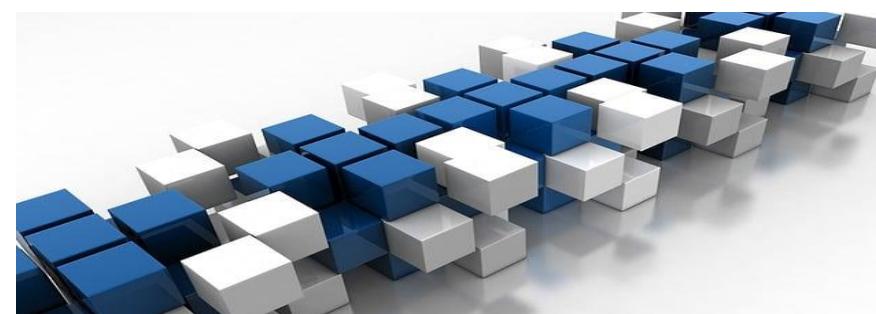


## Two modules (stages) and the target structure of the project:

### 1. Implementation and execution of patient-centred care (PCC)

incorporating pharmaceutical care delivered jointly by pharmacists and physicians – **INTERVENTION**.

### 2. Assessment of the health and economic benefits resulting from the reduction of potentially dangerous drug–drug interactions – **ANALYSIS** of health and economic outcomes.



## Secondary project objective:

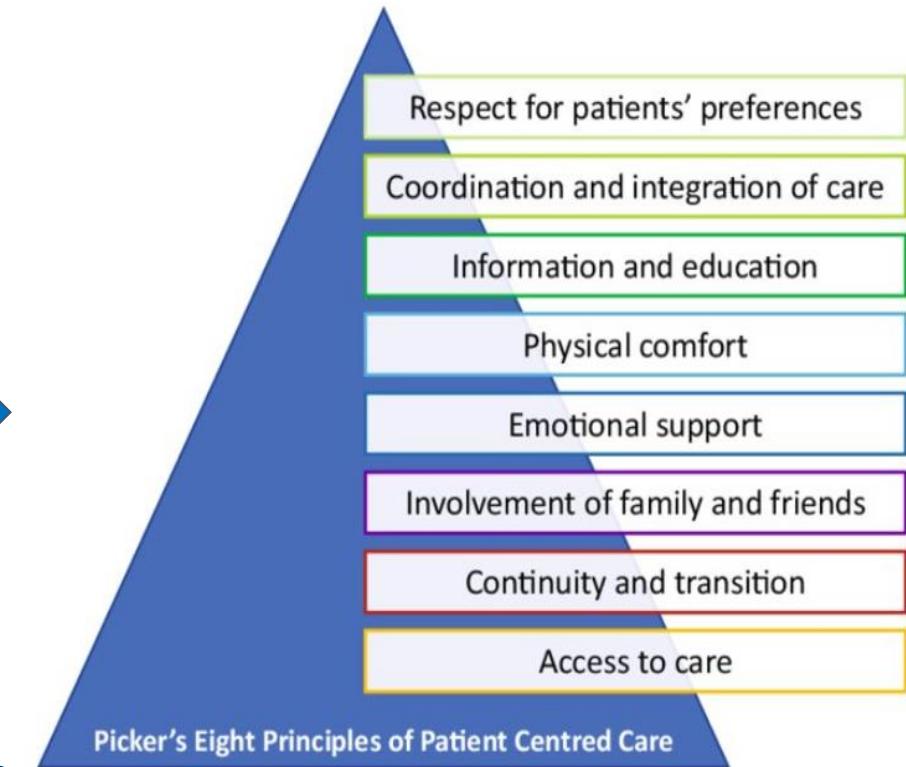
**An integral component of the health strategy for local authorities.**

# Summary

- The pharmacist = a key element of modern prevention
- Interdisciplinary collaboration is the future of patient care



## Patient-Centred Care (PCC)



Picker's principles of patient-centred care, highlighting the most important elements of care to achieve high-quality healthcare with high patients' satisfaction. These principles are important to integrate in the envisioned paradigm shift.



**Thank you**

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