



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.



DZIENNIK USTAW
RZECZYPOSPOLITEJ POLSKIEJ

Warszawa, dnia 15 stycznia 2021 r.

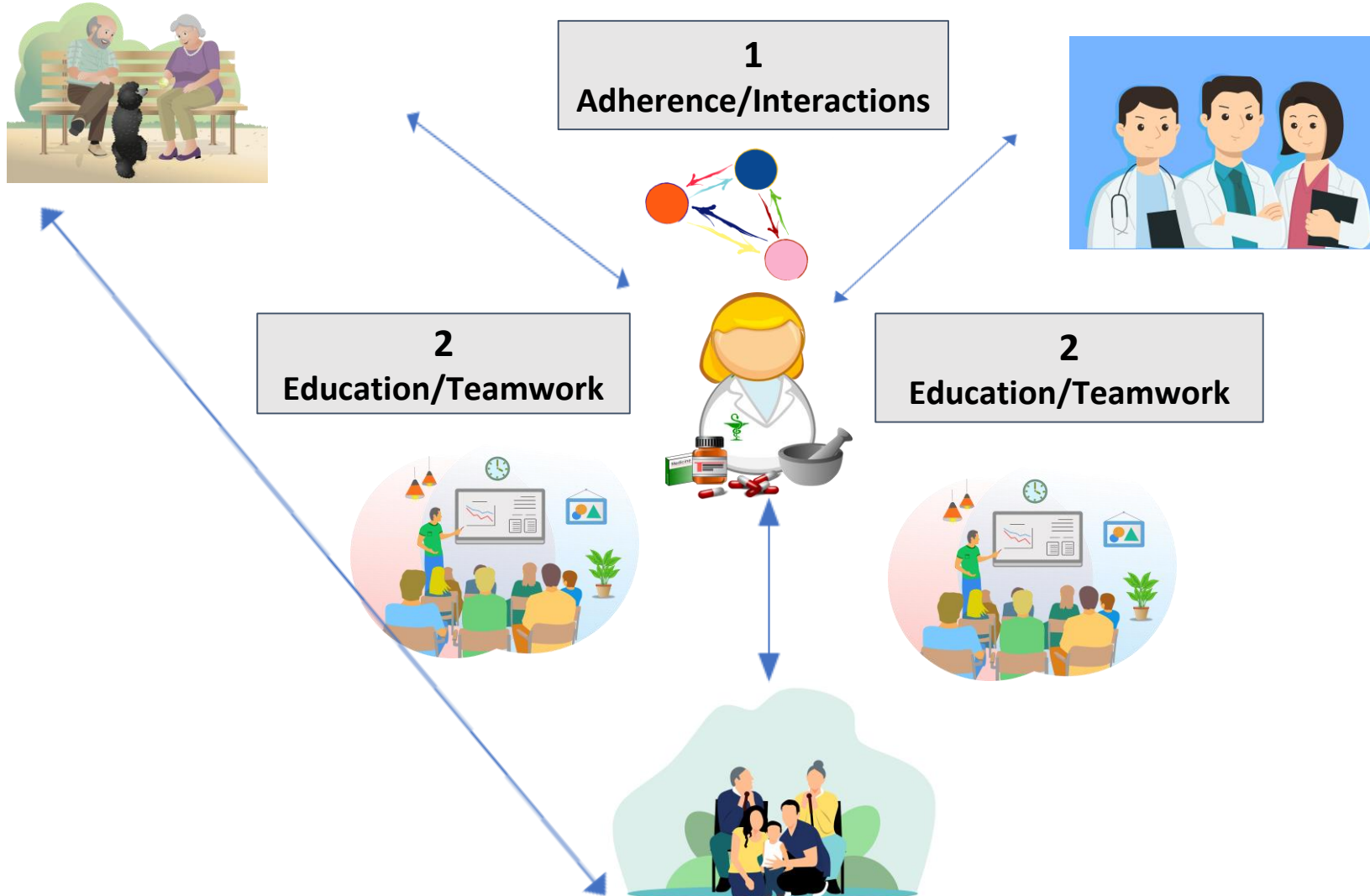
Poz. 97

USTAWA

z dnia 10 grudnia 2020 r.

o zawodzie farmaceuty^{1),2)}

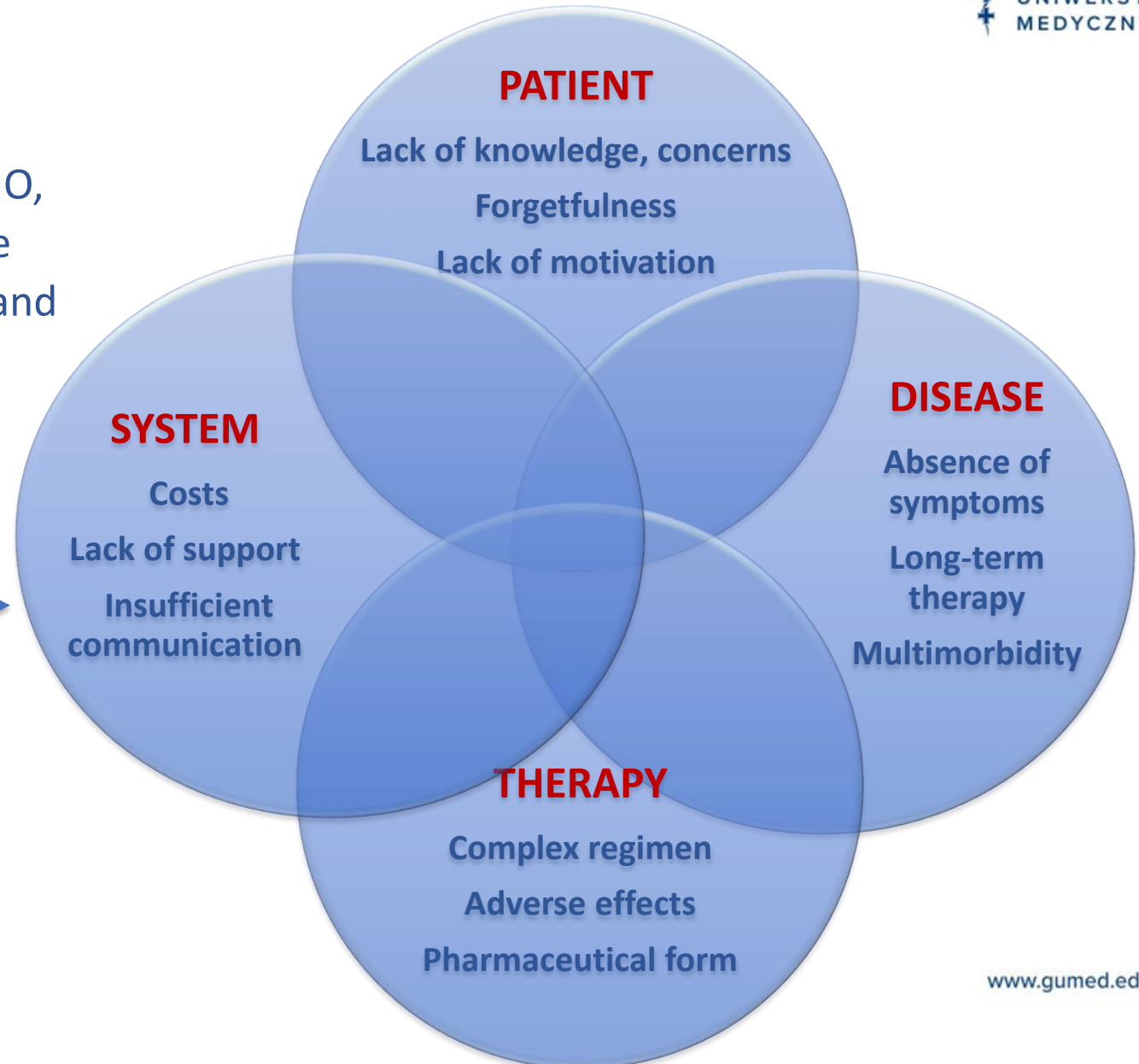
Goal - to support healthy ageing by improving medication adherence, enhancing patient education, monitoring drug use, and identifying potential drug interactions — in order to prevent frailty syndrome and polypharmacy.



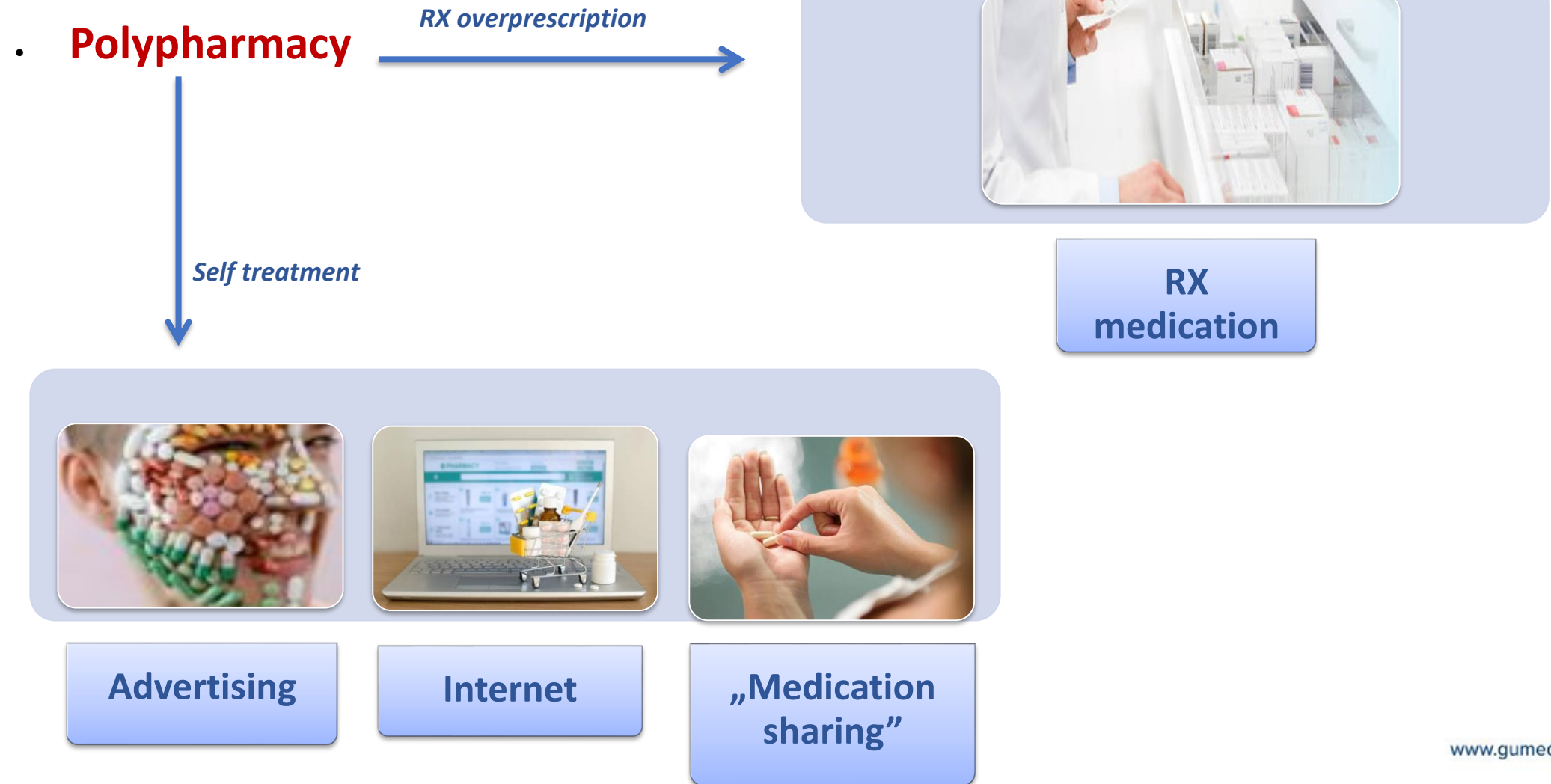
The pharmacist's practical role in patient care (1)

- **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)



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

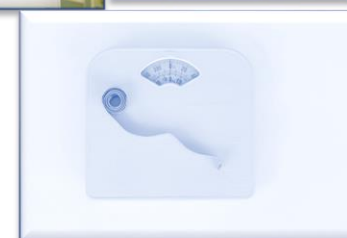
Monitoring

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



Personalized Pharmaceutical Care

- medical services - NHS



Tobacco Cessation
Counseling



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

Education as an Effective Strategy

Seniorplus
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Centrum Aktywności Seniora Śródmieście ·
Obserwuj
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Spotkanie w ramach projektu nowoczesnej opieki farmaceutycznej dla seniorów

Gdański Uniwersytet Medyczny we współpracy z Gdyńskim Centrum Zdrowia oraz przedstawicielami gdyńskiego samorządu opracowuje nowoczesny projekt opieki farmaceutycznej dla seniorów. Koordynator 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 polepszenia ich 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



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 Leczniczy z udziałem
Samorządu Województwa Pomorskiego



Centrum Medycyny Rodzinnej
Gdańskiego Uniwersytetu Medycznego

Lead implementers (in alphabetical order)::

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dr n. med. **Emilia Błęszyńska-Marunowska**, IMMiT, GUMed – klin.

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):

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Prezydent/Wiceprezydent Gdyni

Prezydent/Wiceprezydent Sopotu

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prof. dr hab. **Tomasz Zdrojewski**, WL, GUMed – senior author

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



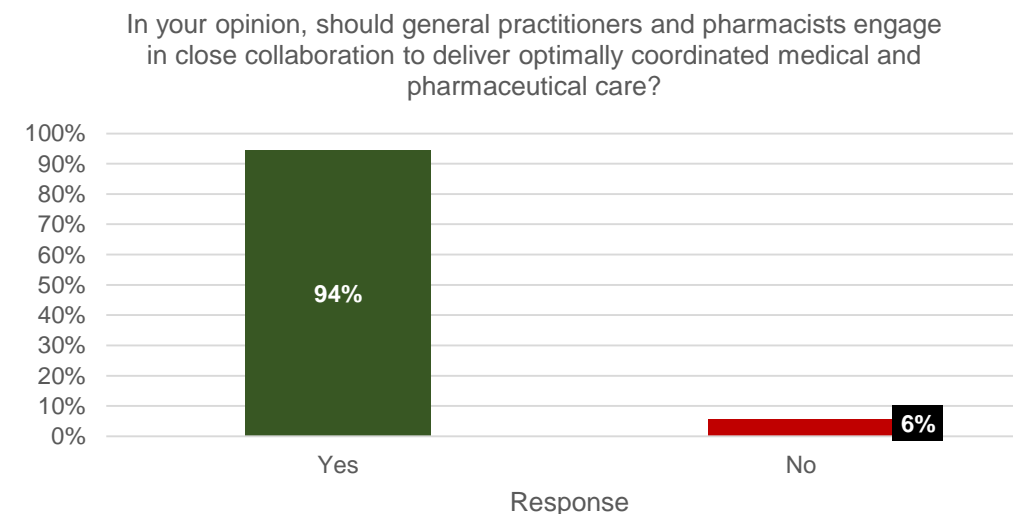
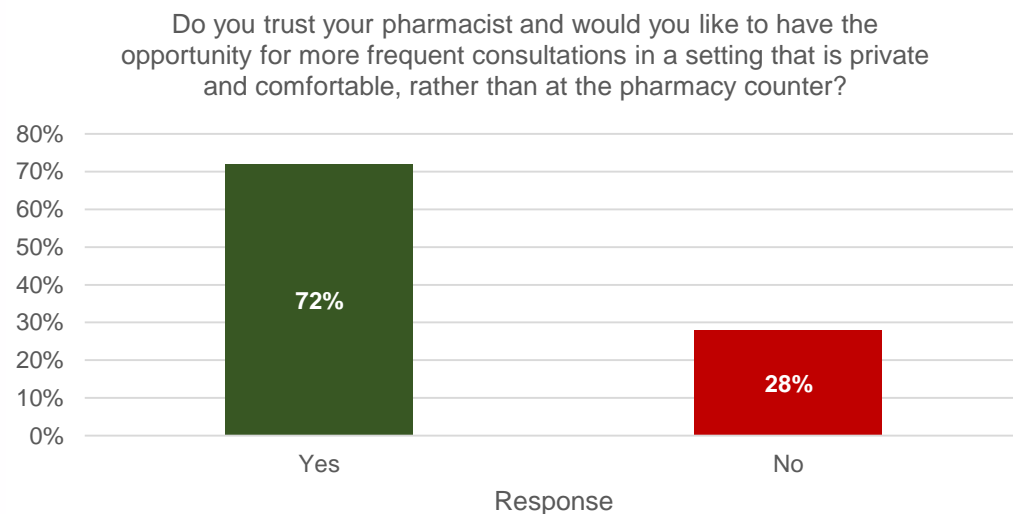
Actions taken to prepare the project

- 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:

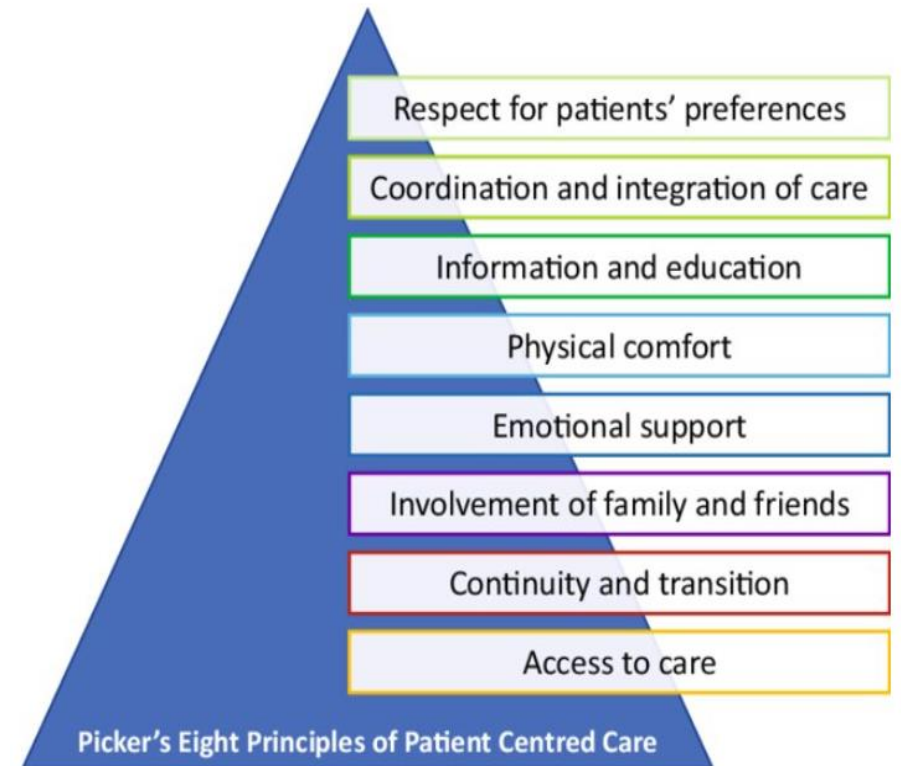
An integral component of the health strategy for local authorities.

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.



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Thank you