



# МАТЕРІАЛИ

НАУКОВО-ПРАКТИЧНОЇ КОНФЕРЕНЦІЇ  
З МІЖНАРОДНОЮ УЧАСТЮ,  
ПРИСВЯЧЕНОЇ 25-РІЧЧЮ  
ФАРМАЦЕВТИЧНОГО ФАКУЛЬТЕТУ

**ФАРМАЦЕВТИЧНА ОСВІТА,  
НАУКА ТА ПРАКТИКА:  
СТАН, ПРОБЛЕМИ,  
ПЕРСПЕКТИВИ РОЗВИТКУ**

19-20 ГРУДНЯ 2023  
КИЇВ

НАЦІОНАЛЬНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ  
ІМЕНІ О. О. БОГОМОЛЬЦЯ  
ФАРМАЦЕВТИЧНИЙ ФАКУЛЬТЕТ

**ФАРМАЦЕВТИЧНА ОСВІТА, НАУКА ТА  
ПРАКТИКА: СТАН, ПРОБЛЕМИ,  
ПЕРСПЕКТИВИ РОЗВИТКУ**

Матеріали  
науково-практичної конференції з міжнародною  
участю, присвяченої 25-річчю фармацевтичного  
факультету Національного медичного університету  
імені О. О. Богомольця

*19-20 грудня 2023 року м. Київ*

Київ – 2023

УДК 615.03+[378.147:615](06)

Ф 22

Фармацевтична освіта, наука та практика: стан, проблеми, перспективи розвитку : матеріали наук.-практ. конф. з міжнар. участю, присвяченої 25-річчю фармацевт. ф-ту Нац. мед. ун-ту імені О. О. Богомольця, 19-20 груд. 2023 р. м. Київ / Нац. мед. ун-т імені О. О. Богомольця, Фармацевт. ф-т; уклад. та відп. за вип.: Т. Д. Рева, І. А. Костюк. – Київ, 2023. – 475 с.

*ОРГАНІЗАТОР*  
НАЦІОНАЛЬНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ  
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ISBN-978-966-460-165-5

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health disorders was carried out, a comparative description of the main trends in recommendations and actual consumption of over-the-counter drugs under study was given; a generalized list of the most frequently recommended and used over-the-counter medicines for responsible self-treatment of certain health disorders is highlighted.

**Conclusion.** Based on the theoretical analysis and synthesis of data according to modern pharmaco-economic research methods, a block has been developed – a scheme of methodological approaches to conducting a pharmaco-economic analysis of the cost of treating certain health disorders, adapted to over-the-counter drugs used in the process of responsible self-medication and including the calculation of direct medical costs, comparison of the cost of treatment, calculation of affordability factors.

## **DEVELOPMENT OF METHODOLOGICAL APPROACHES TO THE OPTIMIZATION OF THE USE OF DRUGS IN DISEASES OF THE NERVOUS SYSTEM**

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**Introduction.** In recent years, there has been an increase in the consumption of medicines (drugs) all over the world, due to the influence of a whole set of factors, primarily the increase in the incidence of the population. Medical care of the population is an important socio-economic problem, the health of the nation and, therefore, the future development of the country largely depends on its successful solution. Despite the variety of synthetic anti-inflammatory agents, the authors note their insufficient effectiveness and the presence of unwanted side reactions. This makes it necessary to use drugs that have protective pharmacological properties and low toxicity. Such requirements are met by medicinal products of plant origin, which are used as the main means of the disease at the stage of anti-recurrence therapy or during the exacerbation of the disease, and in combination with basic means as means of additional therapy. Thus, the search for drugs of plant origin with anti-inflammatory, neurotropic and gastroprotective activity, their inclusion in the treatment regimen is important for modern neurology.

**The purpose of the study.** The purpose of the study is to develop methodical approaches to optimizing the use of drugs in diseases of the nervous system using pharmaco-epidemiological methods and to determine the perspective of using the original herbal remedy as a corrector of side effects in diseases of the nervous system.

**Research methods.** The theoretical basis of pharmaco-epidemiology, modified in accordance with the goals and objectives of the research, became the methodological basis of the research. Traditional general methods of scientific knowledge – methods of empirical research (comparison, measurement, expert evaluations) are used as specific research methods when collecting information; methods used both at the empirical and

theoretical level of research (content, historical, marketing, sociological and logical (structural) analysis, decomposition of goals). The study was also conducted using pharmacoepidemiological methods for assessing the consumption and justification of drug prescription. In the process of the research, the data of 150 outpatient charts of patients of medical and preventive institutions of Kyiv and the region, 150 questionnaire data of neurologists were studied; State register of drugs, data processing was carried out using methods of statistical analysis (grouping, graphic, sample observations, ranking, variational statistics) and new computer technologies on a personal computer in Windows 97 (Access 7.0; Excel 7.0).

**Results.** In recent years, the need for a comprehensive and objective assessment of all aspects of drug use (social, economic, clinical, etc.) has attracted increasing attention of researchers. This is due to the increase in the number of drugs that have high pharmacological activity, and the manifestation of severe adverse reactions during the use of drugs and, instead, the increase in the price of pharmacotherapy. A review of foreign literary sources showed that pharmacoepidemiological research abroad is conducted in such directions as development of methodology and methodical apparatus, improvement of the structure of information bases, pharmacoepidemiological analysis of diseases and pharmacoepidemiological analysis of individual groups of drugs.

In accordance with the developed research program, a comprehensive analysis of socio-economic and medico-demographic factors affecting the use of drugs was carried out, among which the number, standard of living, dynamics and morbidity structure of the country's population are significant. In the structure of morbidity, a significant specific weight has been steadily occupied by diseases of the nervous system for several years. Given that diseases of the nervous system can lead to the development of a number of other diseases, this trend is particularly unfavorable. The high level of morbidity and the variety of clinical manifestations make it necessary to use different drugs. The next stage of our research was conducting a survey of patients and doctors with the aim of determining the list of drugs they prefer, what guides them when choosing a certain drug, where they get information about drugs, the level of awareness of doctors and factors that determine the choice of drugs.

The survey of patients made it possible to establish that when choosing a certain drug, respondents are guided mainly by the opinion and prescription of a doctor (in 85 % of cases). More than 10 % of respondents consider advertising to be of great importance, and about 5 % of drug users are guided by pharmacist recommendations. The majority of respondents (more than 68 %) prefer drugs of domestic production, and only about 32% of respondents prefer to use imported drugs.

**Conclusions.** The results of a sociological study confirm the need for doctors to form an additional block of information for use in the treatment of nervous system diseases when prescribing drugs. The results of our research are the basis of the recommendations we have developed for optimizing the use of drugs.