

Assessment of the Information of Polyclinic Doctors about the Principles of Rational Purposing of Medicines

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Annotation. Treatment of a patient is one of the important tasks that a doctor solves every day, taking patients. And sometimes none of them (doctors) thinks about the process of prescribing medicines. At the same time, all educational materials were more focused on medicines and indications for use, on the side effects of various medicines. World practice shows that every doctor should be aware of the latest developments in the field of drug therapy. Therefore, it is very important to correctly prescribe medicines. This is, in our opinion, an urgent public health problem. This study, conducted among practicing physicians, showed that they are not informed and do not know the principles of proper prescribing of medications, which leads to irrational treatment of patients.

Keywords. Rational purposing of medicines, pharmacology, pharmacotherapy, side effects of medicines, public health.

RELEVANCE

Treatment of a patient is one of the important tasks that a doctor solves every day, taking patients. And sometimes none of them (doctors) thinks about the process of prescribing medicines. This is done automatically from the available knowledge on certain drugs, or on the advice of colleagues, or on the advertisements of various companies' drugs heard or seen at a presentation or on TV. In their practice, doctors very rarely think about how to prescribe drugs correctly and what kind of information should be given to the patient. The reason for this situation is that the teaching of pharmacology at a medical university was more theoretical than practical. At the same time, all educational materials were more focused on medicines and indications for use, on the side effects of various medicines. Many years of experience gained in pharmacotherapy courses at the University of Groningham (Netherlands) shows that the principle of prescribing drugs from diagnosis to drug should be applied in clinical practice. Knowledge about medicines must constantly change. More and more new drugs appear on the market, the experience of using old ones is increasing. Over time, adverse reactions become more and more studied and new indications and methods of using existing drugs appear. World practice shows that every doctor should be aware of the latest developments in the field of drug therapy. For example, in many countries, the law will consider a doctor guilty if a patient has a disease that is caused by the action of a drug and the effect of which the doctor was required to know and prevent. The absence of such is not a mitigating circumstance. Over the past twenty years, a huge variety of effective, effective and potentially toxic drugs have become available. These medicines play an important role in improving public health - when taken appropriately and at the right price. However, practice

shows that today, not all healthcare workers are proficient in the basic aspects of pharmacotherapy. And therefore, unfortunately, very often there are cases of irrational prescription of medicines. As a result, treatment becomes ineffective, unsafe, causes undesirable side effects, increases the duration of the illness, inflicts moral and physical harm on the patient, increases the number of hospitalized patients, increases the cost of treatment and the burden on staff. Therefore, it is very important to correctly and correctly prescribe medicines. This is, in our opinion, an urgent public health problem.

PURPOSE OF THE STUDY

Identifying the level of awareness of doctors and providing information on the basic principles of sound prescribing medicines among medical practitioners.

THE TASKS FORMED.

1. Creation of questionnaire questions and conducting questionnaires among doctors of polyclinics.
2. Determine how the process of prescribing drugs among practitioners takes place.
3. Conducting testing before and after informing doctors about the principles of rational prescribing of medicines.
4. To determine the effectiveness of informing doctors of polyclinics about the principles of rational prescription of medicines.

RESEARCH MATERIALS AND METHODS

This study was carried out on the basis of polyclinic No. 3 of the city of Samarkand. The study involved 54 doctors of this polyclinic, as well as 15 doctors of the city polyclinic No. 2. In total, 69 doctors participated in the study. Of these, 23 therapists, 20 pediatricians, 10 gynecologists and 16 narrow specialists.

We have compiled questionnaires for practitioners to determine whether the prescription of drugs is carried out taking into account the principles of rational use of drugs. After the survey, we made an appropriate analysis of the results. Then, within three days, we held presentations, the purpose of which was to inform practitioners about the principles of rational prescription of medicines. Before the presentation, we provided the practitioners with test questions. Thus, testing was carried out both before and after the presentation, in order to determine the percentage of assimilation of the information received by practitioners.

RESULTS OF THE STUDY AND THEIR DISCUSSION

Questioning doctors using a pre-compiled questionnaire, which displays questions on how the process of prescribing medicines, as well as on identifying the degree of awareness of practitioners about the principles of rational prescribing of medicines, helped to a large extent to determine whether doctors are familiar with these principles. how is the process of prescribing medicines in each individual case, how and with what frequency is knowledge updated, what sources are used by doctors to improve the prescription of medicines in practice, and how often knowledge on medicines is updated. Taking these data into account, we obtained the following results.

A survey of 69 practicing doctors (doctors of polyclinics No. 2 and No. 3) showed that the basic theoretical knowledge on the prescription of medicines by doctors was obtained at a medical university. Almost 38% of the respondents learned how to prescribe medicines on their own in the process of working with patients, using various reference books of medicines, 62% - working with a book and receiving information from colleagues with work experience from 5 to 30 years.

The survey showed that 85% of doctors in the course of their practical work use various reference books for prescribing medicines (mainly, this is Mashkovsky's "Reference Book of Medicines". For 1996-1999, 15%, in addition to books, use medicines advertised by various companies. When answering the question "Was there any advanced training in prescribing medicines, where and when?" 87% of doctors answered that there were no targeted seminars and classes on the rational prescription of medicines, with the exception of certain advertising presentations conducted by various companies on certain types of drugs, 13% answered that improvement according to the principles of rational prescribing of drugs had not taken place since graduation.

After evaluating the results of the questionnaire responses, we decided that the level of awareness of practitioners about the principles of rational prescribing of drugs is at a low level and does not meet the requirements proposed by WHO. Then we decided to offer practitioners information in the form of presentations (this information was provided by us within 3 days) on the rational prescription of drugs in accordance with the program proposed by the Groningham School. But before making a presentation, we were tasked with determining the initial level of knowledge or basic knowledge on the principles of rational prescribing of drugs. Therefore, we have compiled test questions, with the help of which we assessed the knowledge of practicing doctors before and after the presentations. After the end of the 3-day seminar on the rational prescription of drugs, the practicing doctors who participated in the seminar received the necessary basic knowledge on the rational prescription of drugs. Thus, our research has shown that the doctors of polyclinics do not know the principles of rational prescription of drugs. Our training seminar on rational prescribing of drugs provided an opportunity for primary care physicians to obtain such information.

CONCLUSIONS

1. A survey of 69 practicing doctors showed that the basic theoretical knowledge on the prescription of medicines by doctors was obtained at a medical university.
2. Almost 38% of the respondents learned how to prescribe medicines on their own in the process of working with patients, using various reference books of medicines, 62% - working with a book and receiving information from colleagues with 5 to 30 years of experience.
3. 85% of doctors in the process of their practical work use various reference books for the prescription of medicines (mainly this is the "Reference Book of Medicines" by M.D. Mashkovsky for 1987-1999), 15%, in addition to books, use medicines advertised by various firms.

4. 87% of doctors did not purposefully attend seminars and classes on the rational prescription of drugs, with the exception of certain advertising presentations conducted by various companies on certain types of drugs, 13% of doctors did not undergo advanced training on the principles of rational prescription of drugs since graduation.

5. After the end of the 3-day seminar on the rational prescription of drugs, the practicing doctors who participated in the seminar received the necessary basic knowledge on the rational prescription of drugs.

PRACTICAL RECOMMENDATIONS

1. This study, conducted among practicing physicians, showed that they are not informed and do not know the principles of proper prescribing of medications, which leads to irrational treatment of patients.

2. Whenever possible, seminars or trainings on rational prescribing of medicines should be conducted for physicians working at the primary care level in order to improve the quality of the work of practicing physicians.

3. Also, if necessary, it is necessary to provide polyclinics with the necessary literature on the rational prescription of medicines and periodically conduct trainings and seminars that will improve the qualifications of doctors in the field of their awareness of medicines, as well as teach them to use medicines based on evidence-based medicine.

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