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STUDY OF THE MENTAL HEALTH OF PHARMACISTS DURING WARTIME IN UKRAINE

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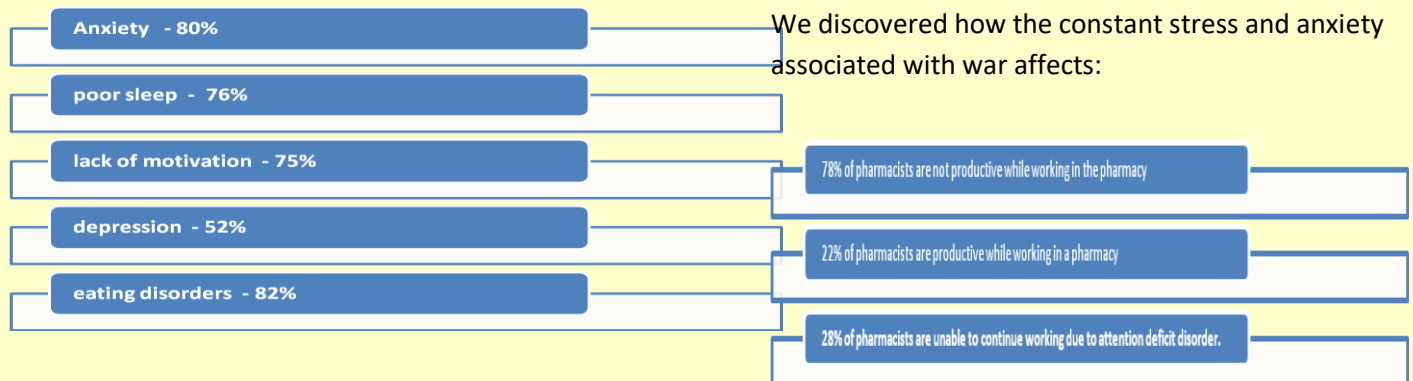
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OBJECTIVES: In 2022, 71% of people in Ukraine were diagnosed with stress. The main causes of stress: wartime, financial difficulties, health. Only 41% of Ukrainians indicated that they have a satisfactory state of their mental health. Pharmacists are among the first specialists trusted by people experiencing anxiety, fear, and irritability.

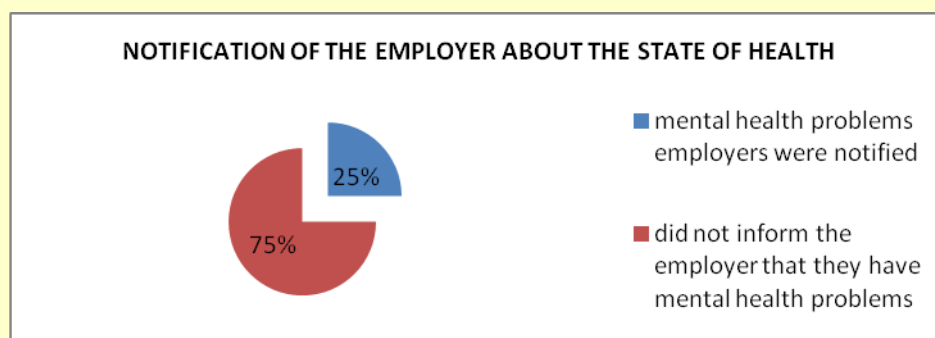
METHODS: Survey of pharmacists using the Google forms, analysis of the list of medicines for stress treatment.

RESULTS: We conducted a survey of 125 pharmacists about the state of their mental health during wartime in March-May, 2023. Surveyed pharmacists had work experience in pharmacies 5-10 years 44.3%, less than 5 years - 25.4%, 10-20 years - 18.8%, more than 20 years - 6.5%.

Pharmacists noted the main 5 conditions :



IT WAS FOUND THAT 35% OF PHARMACISTS EXPERIENCED MOOD DYSFUNCTION DUE TO THE WAR DUE TO POOR SLEEP, BECAUSE THERE IS A GREAT FEAR OF NOT HEARING THE ALARM SIGNAL ABOUT THE DANGER AT NIGHT.



However, 42% of pharmacists with an average level of stress don't experience relief of symptoms from the use of OTC sedatives.

Pharmacists from community pharmacies noted that the following OTC medicines for improving mental health are most often used to treat stress:

- magnesium preparations,
- St. John's wort,
- combined herbal medicines.

CONCLUSIONS : It was established that during the war, 82% of pharmacists indicated the negative impact of the war on mental health and social activities. 42% of pharmacists indicated that they diagnosed co-morbidities on an emotional basis and, accordingly, incurred additional out-of-pocket expenses. There is a need for drug treatment of mental health of pharmacists and improvement of quality of life.