

and premature hair loss, health risks involving the cardiovascular system include cholesterol modification, heart disease, high blood pressure, septic chock and even death. Effects to the reproductive system include genital atrophy, genital swelling, sexual dysfunction, impotence, fetal damage, sterility and menstrual irregularities. The liver and kidney are under constant attack by steroids. Effects to the liver include cancer, pelosis hepatitis and effects on the kidney that include kidney stones, kidney diseases. Taking steroids can also affect the skin producing acne, rashes, and red spots on the body, increase body hair and baldness and increase facial hair in the women. The steroids can also affect the users psychologically: they can become depressed, aggressive and very hostile. Steroids often cause shrinking of testicles, breast growth, and a higher risk of prostate cancer.

**Conclusions.** Steroids are serious drugs that produce a lot of complications. The discontinuing use often leads to withdrawal and depression, which creates a lack of physical drive or social interaction among users.

**Key words:** anabolic steroids, complications

## DEPARTMENT OF SOCIAL PHARMACY *VASILE PROCOPISIN*

### 367. OPPORTUNITIES TO IMPLEMENT GOOD PHARMACY PRACTICE IN THE REPUBLIC OF MOLDOVA

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**Introduction.** Based on the recommendations of the Good Practice Pharmacy Standards as well as the requirements of the national regulatory documents, a list of requirements for the premises of the Community pharmacies has been developed, which includes 12 indicators: the access routes, the name and working regime, the scale for disabled, railing, showcase, illumination, waiting area for visitors, the pharmacist individual contact area with the visitors, the pharmacist's workplace, the glass partition. Based on this list, was elaborated the Community Pharmacy Observation Sheet. The study has enabled recommendations to be made on improving the fitting out of the community pharmacies in the Republic of Moldova. Hence, in the service room must be provided: fair access for all visitors; waiting area with seats where visitors can wait until they are served; the consultation area, allowing the patient and the pharmacist to talk without being heard by other visitors and to provide wheelchair access; the health promotion area where is various information; all areas must be aesthetically pleased and must be effective in the pursuit of pharmacists' activities. In the pharmacy there must be, if necessary, direction indicators to facilitate the "finding" of the searched areas.

**Aim of the study.** The aim of study is evaluation of current situation concerning professional services provided by community pharmacies, as well as their implementation, to assure the advanced level of pharmaceutical services provision to the population.

**Materials and methods.** The survey data was collected using structured questionnaires and the official statistical data of the Agency of Medicines, the Ministry of Health and the Department of Statistics. Two questionnaires were developed to collect information, using the opinion polls of the pharmacists. These tools were developed on the basis of the pilot qualitative study through target groups, which allowed identification of the fundamental aspects of a study problem.

**Results.** On the basis of the results obtained during the study, the recommendations for a quality of services and the measures necessary for their implementation in practice have been developed.

**Conclusions.** It was found that the role of the pharmacist in contemporary society has evolved significantly over the last 4-5 decades; its functions have expanded considerably in the field of

clinical pharmacy and pharmacotherapy. The range of services provided by the Community pharmacies is broadly comprising the following services: 1) essential: delivery of medicines, promotion of healthy lifestyle, responsible auto-medication, receiving unused drugs for their harmless destruction etc.; 2) advanced: review of drug use medical screening services, chronic disease management, etc.

**Key words:** good Pharmacy Practice, pharmaceutical services

### **368. EVALUATION OF NONSTEROIDAL ANTI-INFLAMMATORY DRUGS USE IN THE ELDERLY**

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**Introduction.** According to National Bureau of statistics of the Republic of Moldova, 15,7% of chronic diseases in the geriatric population represent conditions of osteoarticular system. NSAIDs play a major role in the management of acute and chronic pain syndromes, they effectively relieve pain, but also these drugs are known to produce serious side-effects and can potentiate, increase or decrease the effect of many prescription and non-prescription drugs that elderly population takes. Tools and tips to monitor NSAIDs use provided by pharmacists can enhance understanding the benefits and the potential risks of pain relief medicines, help elderly patients be able to identify typical side-effects and cautions, avoid complications and be aware of use them correctly.

**Aim of the study.** The purpose of this study is to underscore how pharmacists appreciate NSAID drugs use in the elderly and to present tips for pharmacists that will help elderly patients to be aware of potential risks of NSAIDs inappropriate use.

**Materials and methods.** It is a longitudinal study in which all the variables were collected from December to March 2018. A standardized questionnaire, with 8 closed-ended and 2 open-ended questions, was applied. Participants, drugs consumers, were visitors of community pharmacy. A descriptive analysis was performed; descriptive statistics such as mean, frequencies and percentages were used to describe and summarize the data. All analyses were performed using SPSS for Windows version 22.0.

**Results.** Data suggest that current patient perception on NSAIDs is poor. In pharmacist's point of view, elderly patients practice self-medication with NSAIDs (71%) and only 11% of pharmacists reported that the knowledge of elderly about NSAIDs are sufficient; additionally, in 75% of cases elderly didn't report side effects caused by NSAIDs. The NSAIDs drugs requested by elderly are diclofenac and ibuprofen (80 responses), followed by paracetamol (34), nimesulid (29), desketoprofen (26), aspirin (22) and less than 20 responses – indomethacin, meloxicam, naproxen, metamizol and ketorolac. 66% of elderly patient return in particular pharmacy for counseling and select the NSAID drug according to pharmacist's recommendation (82,7%). The majority of pharmacists listed such abilities as empathy, patience, amiability, simple language, and professionalism necessary to enhance communication with elderly.

**Conclusions.** Before taking NSAIDs medication, elderly patients should be aware of the risks involved through detailed discussion with healthcare providers, including pharmacists. The community pharmacist can play an essential role in ensuring safe use of NSAID through regularly review pain relief medicines taken by older people, such as diclofenac, ibuprofen and paracetamol etc.

**Key words:** elderly, nonsteroidal anti-inflammatory drugs use, pharmacists