

T_p – timpul total utilizat pentru promovarea sănătății prin *patronajul gravidelor*;

T_v – timpul total cheltuit pentru promovarea sănătății prin *vaccinări*;

T_{Alt} – timpul total cheltuit pentru promovarea sănătății prin *alte activități*.

Înlocuind datele segmentului *Îngrijiri de sănătate* în formulă, obținem:

$T_{KI} = 106'20'' + 84'20'' + 75'10'' / 60 = 265$ minute și 50 secunde, ceea ce constituie 4 ore 25 minute și 50 secunde.

Prin urmare, timpul total utilizat la componența *Îngrijiri de sănătate* și activitățile incluse în acest instrument de o asistentă medicală în decurs de o lună, în centrele de sănătate la nivel comunitar, a constituit 4 ore 25 minute și 50 secunde, adică 20,41% din totalul timpului folosit la segmentul *Promovarea sănătății*.

În final, utilizarea timpului total acordat pentru *Promovarea sănătății* și activitățile incluse în segmentul dat de către o asistentă medicală s-a calculat conform formulelor descrise mai sus în decurs de o zi / o săptămână / o lună și un an.

Concluzii

1. Studiul efectuat ne-a permis să evidențiem consumul de timp de muncă real și să depistăm lipsurile și deficiențele în folosirea lui la asistenții medicali în procesul promovării sănătății populației la nivel comunitar.

2. Pentru măsurarea timpului de muncă al asistenților medicali consacrat promovării sănătății populației la nivel comunitar, a fost elaborată *Foiaia de fotografiere individuală* a tuturor consumurilor de timp în ordinea de succesiune a acțiunilor ce au fost realizate pe parcursul unei zile de muncă în special pentru promovarea sănătății.

3. În cadrul studiului a fost efectuată *cronometrarea selectivă a timpului acordat* pentru promovarea sănătății în decurs de o zi / o săptămână / o lună și în decurs de un an.

4. Rezultatele studiului efectuat în măsurarea timpului acordat promovării sănătății ne servesc la: determinarea pierderilor de timp și a cauzelor acestora în promovarea sănătății; compararea diverselor metode de muncă prin depistarea celei mai eficiente pentru promovarea sănătății; stabilirea normelor și a normativelor de muncă în promovarea sănătății; verificarea calității normelor și a normativelor de muncă în promovarea sănătății.

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ASSOCIATED MEDICATION AND ITS IMPACT ON HEALTH IN GALATI AND BRAILA COUNTIES

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Rezumat

Medicația asociată și impactul ei asupra sănătății locuitorilor județelor Galați și Brăila

Autorii studiului au urmărit scopul ca, prin anchetarea unor grupe de locuitori din județele Galați și Brăila, să determine dacă aceștia au cunoștințe despre medicația asociată, de exemplu, despre probiotice și hepatoprotectoare. De asemenea, s-a încercat de a clarifica dacă asemenea preparate au fost recomandate de medic sau farmacist, ori țin de autolecuire.

Cuvinte-cheie: probiotice, hepatoprotectoare, comunicare

Резюме

Ассоциированная медикация и её влияние на здоровье населения округов Галаць и Брэила

В данной статье авторы поставили перед собой цель, чтобы при использовании метода анкетирования некоторых групп населения округов Галаць и Брэила выявить, если им известно об ассоциированной медикации, например, о пробиотиках и гепатопротекторах, а также выяснить, если эта медикация была рекомендована врачом или фармацевтом или она из категории самолечения.

Ключевые слова: пробиотики, гепатопротекторы, коммуникация

Introduction

Communication for health purposes or promoting health through communication is one of the instruments for improving health. When one speaks

about health, one actually understands healthcare, and pharmaceutical services, respectively.

Education for health purposes and promoting health in Romania in agreement with the international standards, and especially with the European Union standards [1] is required. The legal framework for public healthcare and the national public healthcare programmes are established and funded by Ministry of Public Health, as provided by Law 95/2005 of the healthcare reform.

In dealing with this matter, Romania observes the EU legislation, which stipulates that “the aim of protecting health is that of improving the general standards of health in the community by improving knowledge of the risk factors and encouraging the population to embrace healthy behaviours and lifestyles”.

Words or silence, a smile or a handshake, a warm or a chilling look – whether we want it or not – everything signifies and communicates. We communicate to transfer ideas, sentiments, emotions, opinions, to influence, to relate to each other, to work, or to socialise. Sartre said: “the other looks at me and as such he knows what I am”.

It has been demonstrated that the human being expresses 7% through language, 38% through paraverbal language and 55% through non-verbal language. Another essential component of communication is listening. Goethe said: “Speaking is a necessity. Listening is an art.” Listening is a sine qua non requisition of effective communication.

Materials and methods

This study employs the questionnaire method to assess, on the one hand, the extent to which pharmacists and physicians get involved in recommending associated medication, and on the other hand, to evaluate patients with regard to their knowledge of associated medication, probiotics and hepatoprotectors, respectively.

According to the definition of World Health Organisation, “probiotics are live micro-organisms which, when administered in adequate amounts, confer a health benefit on the host”. Probiotics are live micro-organisms physiologically present in the gastro-intestinal tract and they have a significant role in digestion and immunity. It is equally interesting to know that the total amount of live micro-organisms in the gastro-intestinal tract is about one hundred billions, which is ten times more than the totality of cells in the human body [2].

Probiotic bacteria have many functions in organism: they act as a barrier and for the inactivation of pathogen germs; metabolic function owed to the enzyme production and fermentation of indigesti-

ble carbohydrates in view of reducing cholesterol or easing the production of energy; nutritional and immunising functions [1].

An analysis conducted in 2004 [3] on the studies on probiotics pursued until that year reached the conclusion that multiple probiotic strains are more effective than mono-strain probiotics, which is due the fact that a number of favourable characteristics of individual strains may be combined in a single probiotic. Clinical studies [4] have proved the synergistic effects of strains combinations. For example, the binding of *Bifidobacterium lactis* to intestinal cells doubles in the presence of *Lactobacillus Rhamnosus* or *Lactobacillus bulgaricus* strains.

Other clinical studies [5] have demonstrated that the adherence of these beneficial probiotics to the intestinal wall mucus increases when more strains are present in the combinations administered.

It is required that the probiotics be kept away from humidity and protected by cryoprotection technologies of acid-lactic bacteria, be in amounts of billions to give the chance to many to reach the intestine, contain combinations of live bacteria and thermally-inactive bacteria in order to have fast effects and increase their specific effects, based on administering indication.

Starting from the premise of a good communication between pharmacist and patient, in the context of communication for health purposes as an essential factor of promoting health in the community, our study has focused on a sample made up of 304 persons domiciled both in the urban environment (Galati, Braila), and in the rural environment (Liesti village, Galati County). 61.5% of the subjects were female, and 38.5% male, aged between 17 and 82 years.

The general objective of the study was to determine the patients' level of awareness in what associated medication is concerned, respectively probiotics and hepatoprotectors, as well as the pharmacists' skills in counselling the patients with regard to associated medication. The specific objectives have been:

- To assess the extent to which patients know what associated medication means;
- To assess the extent to which patients use associated medication and to find out who recommended it to them;
- To evaluate the pharmacists' communication skills in the relationship with their patients.

We have applied a 13-question questionnaire, presented electronically, online, to respondents, with the help of social networking sites, and also directly, handed personally to the respondents.

Results and discussions

The first question was related to the pharmacist's professionalism, i.e., whether before making a recommendation, the pharmacist makes a brief anamnesis with the patient. 53% of the respondents answered affirmatively; 35.9% – rarely; 11.2% – never.

The next question interrogated the patient, i.e., their knowledge related to associated medication. 77% of the respondents know the term "associated medication"; 41.8% responded "yes"; 45.8% of the interviewees use associated medication. It results that patients know and use associated medication.

The question as to whether medication was recommended by the pharmacist, physician, other people or the mass-media indicates that most people have been given recommendation in this respect at the pharmacy.

Associated medication was recommended to you by:

- Physician – 31.5%;
- Pharmacist – 39.3%;
- Family, friends, acquaintances – 13.7%;
- Media (internet, magazines, news, TV or radio advertisements, etc.) – 15.5%.

The following answers have been recorded to the question "When do you think that associated medication is required?":

- Stomach diseases – 28.5%;
- Liver diseases – 28.2%;
- Child medication – 17.2%;
- Antibiotics treatment – 23.2%;
- I don't know, I have never been informed regarding this matter – 3.4%.

In the case of antibiotic treatment, has the pharmacist recommended you any medicine for protection of intestinal flora?

- Always – 16.8%;
- Yes, in most cases – 46.1%;
- Sometimes – 26.6%;
- Never – 10.5%.

Do you use gastric protection in treatments which affect gastric mucosa?

- Yes, at the pharmacist's recommendation – 59.6%;
- I don't know, I have never been informed about this matter – 8.2%;
- No, because I don't have any problems – 32.2%.

We note once again the good communication of the patients with the pharmacist, as well as the pharmacists' professionalism in getting themselves involved in recommending associated medication.

We were also interested in determining whether the pharmacist also makes further recommendations associated with the diagnosis.

Does the pharmacist inform you that your lifestyle and dietary habits can affect your medication?

- Always – 33%;
- Rarely – 52.4%;
- Never – 14.9%.

In the end, we wanted to find out the patients' opinion with regard to associated medication and the impact it has on them.

What is your opinion about associated medication?

- You approve of it and consider it useful – 58.9%;
- You consider it useful only in case of serious diseases – 28.6%;
- You do not approve of it and consider that it is recommended to you only to sell certain medical products – 12.5%.

The high percentage (58.9%) of respondents who consider associated medication useful lead us to the conclusion that our patients are well informed and that they have a good communication with the pharmacists.

Conclusions

Patients know what associated medication is, respectively probiotics and hepatoprotectors, and women are more receptive to it than men. Associated medication is recommended by both physicians and pharmacists.

Pharmacists inform their patients with regard to associated medication in most cases, and the latter are open to suggestions.

The results indicate that most pharmacists pursue their professional duties in accordance with the procedures provided by the rules of good practice in their field.

Promoting health through communication is "the place where good practices of promoting health meet good communication practices" [6].

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