

From Kazakhstan:

An international conference on the use of medicines

A report prepared by Natalia Cebotarenco and Raikhan Tuleutayeva, CoRSUM, Moldova and Kazakhstan

The Coalition for the Rational and Safe Use of Medicines (CoRSUM) together with the Scientific Public Association of Semey Medical University held an international conference, 'Prospects, Development and Problems of Medicine in the 21st Century'. This was within the framework of the International Medical Congress 'Man and Health. Multidisciplinary Approach in Medicine' which took place in Kazakhstan during October 2024.

This conference involved Russian-speaking and English-speaking presenters from Kazakhstan, Russia, Australia, New Zealand, Nepal and Moldova.

The conference attracted over 70 people from Kazakhstan, Belarus, Russia, Australia, New Zealand, Kyrgyzstan, Moldova, Ukraine, Poland, Italy, Nepal and the Czech Republic.

As the President of CoRSUM, Natalia Cebotarenco gave a report titled, 'The growing role of the clinical pharmacist in the healthcare system'. Natalia spoke about the importance and the need of society for clinical pharmacists. More than 40 years ago, the role of the pharmacist evolved from its origins of making medicinal substances from plants to the industrial production of drugs. Clinical pharmacists became participants in team care, interacting with the doctor and the patient, especially elderly people. Today, the world needs a clinical pharmacist in emergency care, primary care, and specialties such as cardiology, oncology and psychiatry.

Improving use of medicines: engagement, learning, moving forward

Lynn Weekes, and Mary Hemming, International Society to Improve Use of Medicines

This presentation from Australia, noted that there are many influences on how drugs are used. These include, mis-marketing, the over-medicalisation of society, mislabelling of diseases, cultural norms, the medical system, government regulation, and the education of health professionals. The presenters called for effective strategies to encourage the rational and safe use of medicines. These require:

- multidisciplinary input to strong and respectful collaborations involving all stakeholders
- involvement of people with different capabilities and perspectives working as partners
- careful listening, and wise use of data for a true understanding of the problems.

Clinical-pharmacological approach and pharmacologistics in the federal examination of drug lists

Maxim Frolov, Head of the Laboratory of Pharmacoeconomics, Volgograd State Medical University of the Ministry of Health of the Russian Federation, and Executive Director, Head of the expert group of the Association of Clinical Pharmacologists of the Russian Federation

In this presentation pharmacologistics was discussed – a new paradigm of clinical pharmacology, that bases the choice of a drug on its value. The goal of the new paradigm is to find the shortest way to introduce innovative drugs into clinical practice and then use them rationally.

Improving use of medicines through joint development: A consortium approach to eczema and gout

Rawa Osman, QUM Connect, Australia

Using gout and eczema as examples, this presentation reported how problems can be addressed using a consortium, co-design and a collective approach to impact. It gave the principles of clinical and consumer management and noted that in gout the quality use of medicine is more than just managing pain. The foundation for long-term success lies in the power of collaboration, alignment with national goals and changes that can be sustained. Rawa concluded her presentation by saying that it is important to move forward together. If you want to go fast, go alone, but if you want to go far, go together.

Antimicrobial resistance in Nepal

Kadir Alam, Department of Clinical Pharmacology and Therapy, B.P. Koirala Institute of Health Sciences, Dharan, Nepal

Kadir Alam presented the epidemiological picture of infectious disease pathogens in Nepal. Faecal samples were collected from 424 individuals randomly selected for the study. *E. coli* was isolated from 85.9% of human faecal samples, of which 14% were resistant to three or more antimicrobial classes (multidrug resistant). Of the 368 isolates, resistance to ampicillin (40.0%), tetracycline (20.7%) and cefotaxime (15.5%) were most prevalent.

Teaching pharmacology

Yuldashev Soatboy and Dr Imran Aslam, Department of Pharmacology of Samarkand State University, Uzbekistan

Pharmacology is one of the most dynamically developing medical and biological disciplines and is a cornerstone for modern students. Without a fundamental understanding of the mechanisms of action of drugs, it is difficult to assess information about new drugs and it is more difficult to prescribe complex therapy and assess the risk of adverse effects.

New topics in the teaching of pharmacology include essential drugs, rational pharmacotherapy, counterfeit drugs, bioequivalence, genetic pharmacology, pharmacogenomics, geriatric pharmacology, paediatric pharmacology, critical thinking, and reading and evaluating scientific articles and advertising materials.

Accumulated teaching experience shows the clear advantages of interactive teaching models using short online videos. This inspires hope for the possibility of increasing the effectiveness of studying pharmacology in medical schools.

The use of off-label drugs in paediatric practice in Moldova

Svetlana Scetinina, Department of Social Pharmacy, State Medical and Pharmaceutical University of Moldova

There are problems with drug use in children not only in Moldova, but also throughout the world. The main problems include an insufficient number of children's drugs due to a limited number of paediatric clinical trials, the use of adult drugs in children, an increased risk of errors in treatment and the development of severe adverse reactions.

According to the World Health Organization (WHO), 18–60% of drugs used in paediatrics have not passed clinical trials, while in newborns this figure reaches 100%. For 75% of today's children, there are no paediatric dosage forms.

The role of a clinical pharmacist in primary health care in New Zealand

David Woods, Rational Use of Medicines and Evidence-Based Practice, University of Otago, New Zealand

This presentation considered the background concept of drug optimisation, provided case studies of older adults with chronic pain, and outlined educational strategies. Drug optimisation improves patient outcomes. The balance of benefits and harms changes with age or disease progression so regular reviews are needed. Clinical pharmacists can advise on drug use and so play an important role in the prescribing team.

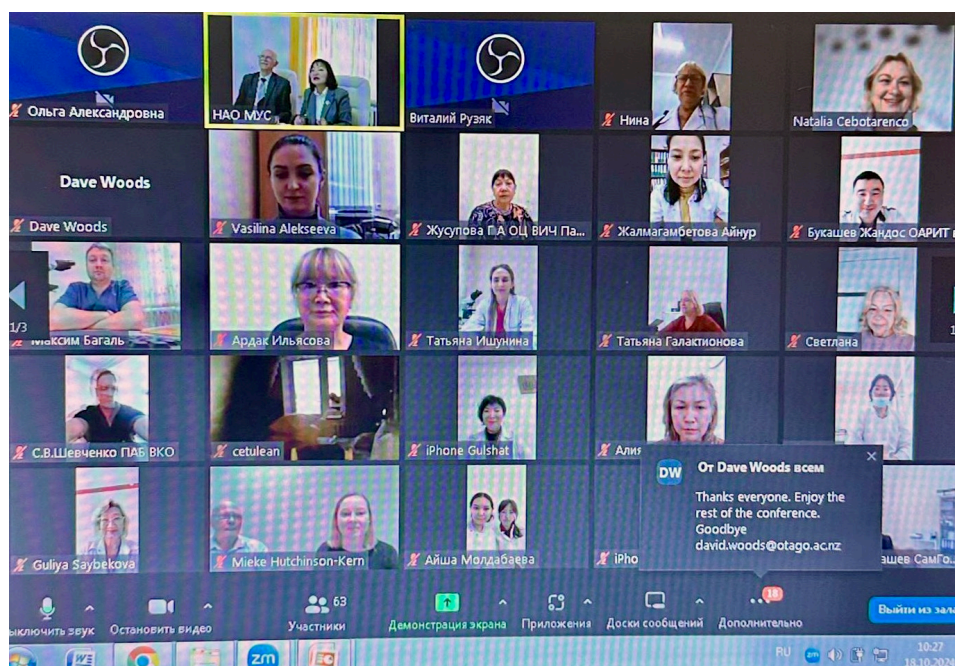
Master class. The role of Therapeutic Guidelines in the Australian healthcare system: The process of design and practical use of Therapeutic Guidelines

Robert Moulds, Mieke Hutchinson-Kern, Jessica Gibney, Therapeutic Guidelines Limited, Australia

Therapeutic Guidelines Limited (TGL) is a non-profit organisation, intellectually and financially independent of the government and the pharmaceutical industry. Its main objective is to produce, publish and sell products that promote the quality use of medicines.

The first publication of TGL was Antibiotic Guidelines. This was written in response to a problem with multi-resistant *Staphylococcus aureus* in Melbourne hospitals during the 1970s. It was recognised that the main cause of antibiotic resistance was the indiscriminate use of antibiotics in hospitals, especially by young doctors who often did not know when and how to prescribe antibiotics. A small group of specialists therefore developed guidelines on prescribing antibiotics for common and important infections.

During the master class there was a demonstration of Therapeutic Guidelines, its content development and expert groups, production processes, and the experience of monitoring the use of the guidelines. The guidelines now include over 2,500 topics covering disorders encountered in clinical practice. All content is integrated into an electronic product that can be accessed online and through a mobile application. Advice and recommendations are intended for use across the spectrum of healthcare settings, from primary care to hospital intensive care units.



Some of the participants in the Master class on Therapeutic Guidelines