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The pharmacists input on the screening, management and prevention of metabolic syndrome

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Background: Metabolic syndrome (MetS) is a cluster of factors that increase the risk of cardiovascular disease and include: diabetes and prediabetes, abdominal obesity, elevated triglycerides, low and high density lipoprotein cholesterol and high blood pressure. However, the role of the pharmacist in the MetS has not yet been fully explored.

Purpose: The aim of this systematic review is to critically appraise, synthesize and present the available evidence on the pharmacists' input in the screening, prevention and management of MetS. The specific objective is to determine the types of pharmacist activities and characterize the populations who could benefit the most.

Materials & Methods: The Medline, IPA, Cinahl and the Cochrane underwent a thorough search of all published English articles from 2008 and onward. There was no restriction on the study types nor the population groups studied. The quality of the eligible studies was critically appraised using standardized quality assessment tool.

Results: The initial search yielded 21330 studies from the included databases of which eight studies met the inclusion criteria. More than half of the studies conducted in the USA (n=5), two in Europe and one in the Middle-East. Majority of the studies assessed the pharmacist input in MetS screening (n=5), two evaluated the management and one described the pharmacist role in implementation of MetS screening program as an initiative to prevent the MetS. The ambulatory out patients was the most studied setting (n=5), followed by the community pharmacies (n=3) in addition to one study in the inpatient psychiatric ward. The quality of the included studies ranged from good quality (n=3), to fair (n=4) and only one poor study.

Conclusion: The pharmacist activities in the screening, prevention and management of MetS in adult and pediatric, outpatients, inpatients and community pharmacies have been associated with short-term and long-term improvement in the patient outcomes.

Biography

Rana Moustafa obtained her Bachelor's Degree in Pharmacy from Egypt with Honor in 2007. She completed her Master's Degree in Clinical Pharmacy from Queen's University of Belfast, UK in 2012. She is a Clinical Pharmacist at Hamad General Hospital (HGH); a Member of Hamad Medical Corporation (HMC). She joined the corporation as a Pharmacist in 2008 and the clinical pharmacy team and covered the anticoagulation clinical services at HGH in 2012 and rendered services in medical wards; engaged in many researches in the clinical field and continues providing education to patients, patient's family and medical staff.

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