

Review of Clinical Pharmacology and Pharmacokinetics

ΕΠΙΘΕΟΡΕΣΕ ΚΛΙΝΙΚΕΣ ΦΑΡΜΑΚΟΛΟΓΙΑΣ ΚΑΙ ΦΑΡΜΑΚΟΚΙΝΗΤΙΚΕΣ
ΕΠΙΘΕΩΡΗΣΗ ΚΛΙΝΙΚΗΣ ΦΑΡΜΑΚΟΛΟΓΙΑΣ ΚΑΙ ΦΑΡΜΑΚΟΚΙΝΗΤΙΚΗΣ
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Letter from Guest Editor

The progress and contributions of 20th century pharmacology has been immense with over 20 pharmacologists to have received Nobel Prizes. This field of medical studies covers many areas; it is built upon and at the same time incorporates many disciplines such as biochemistry, biology physiology, pathology, anatomy, molecular biology, while the development of new analytical and experimental techniques and instruments has given a new boost in pharmacological research. Yet, although a remarkable progress has been made in developing new drugs and in understanding how they act, the challenges are endless. Integrating a depth of knowledge in many related scientific disciplines, pharmacologists offer a unique perspective to solving drug and chemical related problems which impinge on human health, with ultimate goal the treatment and prevention of major diseases.

The 5th Panhellenic Congress of Pharmacology focuses on four *hot* subjects: Regenerative Pharmacology, Herbal Medicines, Pharmacology of Abuse and Dependence, and Education in Pharmacology.

- *Regenerative Pharmacology* is one of the newest areas in Pharmacology, represents a groundbreaking field of research and has the potential to radically alter the treatment of diseases and disorders.

- *Herbal Medicines* have acquired an important percentage among the drug used; according to WHO 80% of people worldwide rely on herbal medicines for some aspect of their primary health care. This continuously increasing use of plant medicines imposes the need for establishing new regulations.

- *Pharmacology of Abuse and Dependence*, still not a well defined area, presents a lot of challenge for researchers and clinicians.

- *Education in Pharmacology* remains a hot subject in the Medical education, following the knowledge *explosion* of the last decades accompanied by a decreasing reliance on didactic teaching. The crucial question is: how and what should we teach?

We hope that the round table discussions along with the invited lectures, included in this abstract book, will raise new and intriguing ques-

tions that will further stimulate research, and will contribute to new therapeutic approaches and attitudes.

I would like to thank the Editorial Board of *Review of Clinical Pharmacology and Pharmacokinetics* in particular Journal Editors Prof. S.T. Plessas and Dr C.T. Plessas for invitation and for providing the suitable and high-standard forum through which new research findings will become available to the scientific community.

The Guest Editor

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How can we best Prepare Medical Students to be Safe and Effective Prescribers?

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Being able to prescribe commonly used drugs safely and effectively is a key skill for all doctors. Drug therapy is the main intervention offered by doctors to influence the health of their patients. New doctors are typically required to prescribe many times each day in most countries and write a large proportion of hospital prescriptions. The demands of this task have increased in recent years due to more drugs, more patients, older more vulnerable patients, and more complicated treatment regimens. Surprisingly then, there is evidence from the UK (and elsewhere) that students do not feel they are being adequately prepared to prescribe safely and effectively by their medical schools (1,2). This may result, in part, from the loss of clinical pharmacology in the undergraduate curriculum and a reduction in the number of clinical pharmacologists (3). There have been calls by clinical pharmacologists for improvements to be made in the undergraduate curriculum (4). This uncertainty over prescribing education is particularly concerning given that prescribing errors are very common in hospitals and there is evidence that these problems result in harm to patients (5). There is also good evi-

dence that inadequate training is often a contributory factor in such events, and that the delivery of targeted education can improve prescribing performance and reduce prescription errors. This presentation will discuss (i) the evidence supporting the concerns about adequacy of undergraduate education, (ii) why this position might have arisen, (iii) what knowledge and skills base constitutes 'adequate preparation' to prescribe (6), (iv) steps that might be taken to improve the learning environment including student formularies and recent developments in eLearning approaches (7), and (v) methods of assessing students to demonstrate that a satisfactory outcome has been achieved.

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