

Review of Clinical Pharmacology and Pharmacokinetics

ΕΠΙΘΕΟΡΗΣΗ ΚΛΙΝΙΚΗΣ ΦΑΡΜΑΚΟΛΟΓΙΑΣ ΚΑΙ ΦΑΡΜΑΚΟΚΙΝΗΤΙΚΗΣ
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

Charis Liapi

Assist. Professor in Pharmacology
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Education in Pharmacology: Knowledge or Attitude?

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INTRODUCTION

The weaknesses of applied Pharmacology are identified and reported. Based on the observations made, conclusions are drawn for the Education in Pharmacology.

CONSTATATIONS

- Drug consumption has shown an increase up to 318% and for some drug categories up to 747% (e.g. anticancer agents); the increase is not justified by the pure therapeutic interventions.
- Greece possesses the 2nd position in antibiotic misuse.
- In 83% of hospitalized patients with gastrointestinal bleeding because of NSAIDs one or two contraindicated drugs had been prescribed; this fact shows that physicians were not aware of the medical history of the patient.
- In 80% of the hypertensive patients in an outpatient clinic, the diagnosis of hypertension was based on only one measurement of blood pressure; 72% of the patients were prescribed anti-hypertensive treatment without receiving any other instructions for changing life style behavior.
- Out of 452 cases of orthopedic surgery with implanted materials in only 2.3% of the cases

chemoprophylaxis was effectuated laege artis, according to the guidelines.

- Pervasive Interaction between drug companies and doctors.
- Drugs with doubtful effectiveness consist 2.3%.
- 10% of the total drug expenses depending on the social security system.

All the above constataions show that education in Pharmacology has many weaknesses. As major cause of the weaknesses can be not considered the inadequate transmission of pure knowledge, since in most of the above mentioned cases the required knowledge was basic, but the not establishment of a proper medical and professional attitude

In general, the establishment of a medical philosophy is underestimated in medical Schools in Greece.

Proposed interventions:

1. Changes in the criteria of choice of medical students
2. Selection of teachers
3. Establishment of a medical attitude.
4. Changes in the methodology and the curriculum in pharmacology

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