

TRNC  
NEAR EAST UNIVERSITY  
INSTITUTE OF HEALTH SCIENCES

The Role of a Pharmacist in Counselling of Pregnant Women

A THESIS SUBMITTED TO THE GRADUATE INSTITUTE OF  
HEALTH SCIENCES NEAR EAST UNIVERSITY

BY:

EZEOKOYE SAMUEL UZOCHUKWU

IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE DEGREE OF MASTER  
OF SCIENCE IN CLINICAL PHARMACY

NICOSIA 2017

TRNC

NEAR EAST UNIVERSITY

INSTITUTE OF HEALTH SCIENCES

The Role of a Pharmacist in Counselling of Pregnant Women

EZEOKOYE SAMUEL UZOCHUKWU

Master of Science in Clinical Pharmacy

ADVISOR:

Assoc.Prof. Bilgen Basgut

NICOSIA 2017

## DEDICATION

I dedicate my dissertation work to my family and many friends. A special feeling of gratitude to my loving parents especially my father

Pastor. SAMUEL EZEOKOYE

Whose words of encouragement and push for tenacity ring in my ears, and my mother OKOYE MARTHA have never left my side and she is very special.

I also dedicate this dissertation to my beloved brethren in the church who have supported me throughout the process.

I dedicate this work and give special thanks to my best teacher

Assoc.Prof. Bilgen Basgut

Who encouraged me to higher ideas of life.

Finally I want to use this opportunity to thank my colleagues who made it sure that the project is accomplished, in the person of .....

DR ABDI ABDIKARIM

MOHAMMED MUSTAPHA

LOUAI SALOUMI

SARAH KHAMIS

SIKANDAR SYED

## **APPROVAL**

Thesis submitted to the institute of health sciences of NEAR EAST UNIVERSITY in partial fulfilment of the requirement for degree of **Master of Science in Clinical pharmacy**.

### **Thesis Committee:**

Chair of the committee:

**Prof. Dr. Rüştü Onur**

Near East University

Sig:.....

Advisor:

**Assoc. Prof. Bilgen Başgut**

Near East University

Sig:.....

Member:

**Assoc. Prof. Kemal Buharalıoğlu**

Cyprus International University

Sig:.....

Approved by:

**Prof. Dr. İhsan ÇALIŞ**

Director of Health Science Institute

Near East University

Sig:.....

## **Abstract**

**Ezeokoye S. Uzochukwu, The Role of A Pharmacist in Counselling of Pregnant Women, survey carried out among pharmacist in Northern Cyprus. Near East University, Institute of Health Sciences, Clinical pharmacy Master's Thesis; Nicosia 2017.**

The aim of this project is to evaluate whether pharmacist in Turkish Republic of Northern Cyprus (TRNC) give appropriate counselling for common ailments in pregnancy and to know the impact of education among pharmacists.

Counselling of pregnant woman by a pharmacist has a great improvement on health care system. Pharmacist's interventions (also known as pharmaceutical care plans) are method of solving the drug therapy problems found in pharmaceutical care system. Pharmaceutical care requires direct relationship between a pharmacist and an individual patient. Pharmacist should be able to integrate available information with their medication expertise, to make appropriate individual benefit/ risk decisions; this requires active engagement with the pregnant women, rather than automatically referring them to the physician, thus establishing the pharmacist role as an essential member of the health care system.

The study was a cross sectional study conducted on November 2016, and it involves pharmacists working within North Cyprus. Questionnaires were shared among pharmacists before and after an educational program titled "drug use during pregnancy" which was rendered by Assoc, Prof Kemal Buharalıoğlu, and it lasted for about 1 to 2 hours. After the education significant differences were noted. 43 questionnaires were distributed before and after the education and none was returned thus giving a response rate of 100% .The survey involves questions on back pain, constipation, vitamins and herbal products as well as non- pharmacological recommendations during pregnancy.

In the light of this study, generally the pharmacists in Northern Cyprus are well oriented towards counselling of pregnant woman. Nevertheless we observed that most of the pharmacist in Cyprus, do not always take it as a responsibility to make sure that their knowledge about rationale drug use is channeled towards pregnancy counselling, as only few of them will like to counsel a pregnant woman. It is therefore advisable that their perception in this regard is broadened, and also to always equips themselves with knowledge that can help them perform such task, it can be achieved by organizing educational programs, conferences; also the curriculum of undergraduate students should be such that exposes them to have a good knowledge towards counselling of pregnant woman.

## ÖZET

# Contents

<b>ACKNOWLEDGEMENTS:</b>	<b>.....III</b>
<b>ABSTRACT:</b>	<b>.....V</b>
<b>ÖZET:</b>	<b>.....VII</b>
<b>TABLE OF CONTENT:</b>	<b>..... VIII</b>
<b>LIST OF ABBREVIATIONS:</b>	<b>.....X</b>
<b>List of Tables:</b>	<b>.....X1</b>
<b>1. Introduction:</b>	<b>.....1</b>
<b>1.1. Patients counselling by a pharmacist:</b>	<b>.....3</b>
<b>1.2. Pharmacists knowledge and skills:...</b>	<b>.....4</b>
<b>1.3. Pharmacists counselling of pregnant women:.....</b>	<b>.....5</b>
<b>1.4. Drug effect changes during pregnancy:.....</b>	<b>.....9</b>
<b>1.5. Drug use in pregnancy: .....</b>	<b>.....14</b>
<b>2. Materials and Methodology:.....</b>	<b>.....21</b>
<b>2.1. Statistical Analysis: .....</b>	<b>.....21</b>
<b>3. Results:</b>	<b>.....22</b>
<b>4. Discussion:</b>	<b>.....27</b>
<b>5. Conclusion:</b>	<b>..... 31</b>
<b>6. References:</b>	<b>..... 32</b>



<b>Appendix 1: Questionnaire in English: .....</b>	<b>40</b>
<b>Appendix 2: Questionnaire in Turkish: .....</b>	<b>41</b>

S.No	ABBREVIATIONS	EXPLANATION
1	ACCP	American college of clinical pharmacist
2	ACOG	American college of obstetrician and gynecologist
3	CTPA	Cyprus Turkish Pharmaceutical Association
4	ASHP	American society of health- system pharmacist
5	CDC	Center for disease control and prevention
6	CP	Clinical pharmacist
7	CPS	Clinical pharmacist service
8	Tdap	Diphtheria, tetanus, pertussis
9	FDA	Food and drug agency
10	FRC	Functional residual capacity
11	IRB	Institutional review board
12	NEU	Near east university
13	NICE	National institute of health and care excellence
14	NTDs	Neonatal tube defects
15	OTC	Over the counter
16	PC	Pharmaceutical care
17	SPSS	Statistical package for the social science
18	TLC	Total lung capacity
19	ICD	International Classification of Disease
20	HSE	Health Service Executive's
21	ASAHR	A Situational Analysis of Human Resources Issue in the Pharmacy Profession in Canada Human Resources
22	FSAI	Food safety authority of Ireland

## **List of tables**

	<b>Page No</b>
<b>Table 1:</b>	
<b>FDA categories for drug use in pregnancy</b>	<b>16</b>
<b>Table 2:</b>	
<b>Commonly used drug during pregnancy</b>	<b>17</b>
<b>Table 3:</b>	
<b>Demographic data of respondents</b>	<b>22</b>
<b>Table 4:</b>	
<b>Sources of information of pharmacist respondents</b>	<b>23</b>
<b>Table 5:</b>	
<b>Number of pregnancy counselled by pharmacist respondent</b>	<b>24</b>
<b>Table 6:</b>	
<b>General knowledge of pharmacists during pregnancy counselling</b>	<b>26</b>

