



PHARMACEUTICAL CARE NETWORK EUROPE

Working Conference 2013 – Abstract

Collaborative pharmaceutical care in research and practice

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The above mentioned participant in the PCNE WC 2013 wishes to submit following abstract for a poster or oral communication. If accepted and presented, the abstract will be published in the International Journal of Clinical Pharmacy. Please make sure the abstract is no longer than 350 words, excl. author-details.

Title Patients' knowledge of pen-insulin therapy
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Type of abstract <input type="checkbox"/> Research <input checked="" type="checkbox"/> Practice development <input type="checkbox"/> Practice implementation
Aim of project/study Diabetes affects an increasing number of people in Serbia today. Good glycemic control significantly reduces the risk of serious, long-term complications of diabetes. Insulin therapy is often an important part of diabetes treatment. Pen injector devices containing insulin in prefilled cartridges have been designed to make injections easier. Correct insulin injection technique is essential for optimal control of diabetes. This study aimed to evaluate patients' knowledge of correct use of insulin pen devices, compliance with treatment and general awareness of possible diabetic complications. This way, we were able to identify patients who need additional counseling.
Method The study was conducted in community pharmacies in four towns in Serbia during two-month period. All data were collected using structured questionnaire (closed question form). Patients who visited the pharmacy were eligible for inclusion in the study if they had insulin prescribed by a physician during study period, and gave an informed consent.
Result(s) 112 diabetic patients (61% male, 39% female, mean age 60.3 years) were included. Only 27% of patients were able to correctly administer insulin dose using pen device. A large number of patients (75%) did not use a new needle for each dose. 28% of patients never performed the safety test before each injection. About 20% of patients

did not hold the needle long enough after injecting into the skin. Half of patients have regularly checked all the parameters that indicate the presence of diabetic complications. 79% of patients had been counseled about diabetes therapy in the last 12 months, but in only 2% of cases counseling was performed by a pharmacist. Our results clearly identify a need to improve patients' knowledge about all aspects of diabetes therapy. Pharmacists in Serbia should take a more proactive role in patient counseling as well as in promoting safe practice in the correct use of pen insulin devices.

+++ NB: PhD students still pay the early bird fee for their abstract if their abstract is accepted ++++