

NOVEL APPROACHES TO ACUTE RHINOSINUSITIS MANAGEMENT: ROLE OF THE PHARMACIST IN EPOS 2020

Zhulai T., Otrishko I., Ali Moataz F.G., Mohamed Ahmed R.N.

National University of Pharmacy, Kharkiv, Ukraine

Timely diagnostics and rational treatment of acute rhinosinusitis in Ukraine are regulated by European guideline which name is European Position Paper on Rhinosinusitis and Nasal Polyps (EPOS 2020). EPOS 2020 is based on a combination of evidence-based and clinically relevant research and modern medicine principles: predictability (the ability to predict treatment the results based on evidence-based medicine data), personification (individual approach to the patient), prophylaxis (prevention of the disease itself and related complications that may develop in a particular patient) and participation (the patient's participation in their treatment). In EPOS 2020 for the first time, the principle of precision medicine – appropriate medical treatment – was put into the practice. Care pathways were integrated and provide three components: the pharmacist participation in the format of the pharmaceutical care, patient participation in the format of responsible self-care and consultation of doctors at primary, secondary and tertiary care. EPOS 2020 is addressed not only to doctors but also to pharmacists and patients, who often make the first attempts at treatment with OTC drugs, frequently based on the recommendations of pharmacists.

The main role of the pharmacist in the treatment of acute viral rhinosinusitis is to exclude the symptoms of acute bacterial rhinosinusitis (more than three of the listed symptoms: fever above $38C^0$, double sickening, unilateral disease, severe pain and raised ESR/CRP) as well as an alarm symptoms. If these symptoms are absent, the pharmacist has to conduct pharmaceutical care and recommend OTC drugs. The pharmacist has to inform the patient about the rational use of drugs and the possible risks of taking a particular drug, as well as about the evidence-based effectiveness of a particular drug in accordance with the principle of responsible self-care. Since the leading symptoms of acute viral rhinosinusitis are nasal obstruction and discoloured discharge, groups of drugs such as nasal decongestants, saline solutions (more often in the form of a hypertonic or isotonic nasal spray) and herbal medicines (including BNO-1016 and BNO-101) are those drugs that which is recommended most often. Therefore, the development of approaches to a rational choice of one or another drug, the recommendation of several drugs, taking into account not only the criteria of the treatment effectiveness but also in respect that the criteria of the treatment safety are one of the priority trends of modern pharmacology.