



МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
НАЦІОНАЛЬНИЙ ФАРМАЦЕВТИЧНИЙ УНІВЕРСИТЕТ
КАФЕДРА СОЦІАЛЬНОЇ ФАРМАЦІЇ



У рамках проєкту
Національного фармацевтичного університету
«ФАРМАЦЕВТИЧНІ НАУКОВІ ШКОЛИ СЛОБОЖАНЩИНИ»
до 15-річчя наукової школи професора *Алли КОТВИЦЬКОЇ*

«СОЦІАЛЬНА ФАРМАЦІЯ: СТАН, ПРОБЛЕМИ ТА ПЕРСПЕКТИВИ»

МАТЕРІАЛИ
Х МІЖНАРОДНОЇ НАУКОВО-ПРАКТИЧНОЇ КОНФЕРЕНЦІЇ

28 травня 2025 року



Харків
НФаУ
2025

compiled on the basis of prices of 12 large distributors and wholesale price lists in the Apteka database.

The study found that chloroxylonol (INN) was absent from the antiseptics on the formulary list. Moreover, under INN chlorhexidine, 10 out of 17 trade names were represented (58.8%); under INN iodine, only 5% alcohol iodine solution (16.67%) was offered out of 6 trade names. Povidone-iodine solutions are presented in price lists only in 10% concentration.

Despite the constant increase in the range of industrial antiseptic products, there is still a demand for their pharmacy manufacture for use in healthcare facilities.

PECULIARITIES OF PHARMACEUTICAL CARE WHEN DISPENSING DOXYLAMINE-BASED HYPNOTICS IN MOROCCAN PHARMACIES

Otrishko I. A., Vietrova K. V., Pidgaina V. V., Agouzzal A.

National University of Pharmacy, Kharkiv, Ukraine

innaotrishko@gmail.com

Insomnia is a common sleep disorder affecting approximately 10–30% of the global population, with prevalence rates varying according to geographic location, age, and gender. In Morocco, as in many other countries, the incidence of insomnia has been increasing, particularly in urban environments. This rise is attributed to various factors, including elevated stress levels, lifestyle modifications, and the growing use of digital technologies. On a global scale, the World Health Organization (WHO) identifies insomnia as one of the most prevalent sleep disorders, with significant implications for both physical and mental health.

The primary goal of this study is to investigate the peculiarities of pharmaceutical care when dispensing doxylamine-based hypnotics in Moroccan pharmacies. The study aims to assess the current practices and knowledge of pharmacists regarding the dispensing of these medications, with a particular focus on

patient safety, efficacy, and adherence to recommended guidelines. By exploring these aspects, the study seeks to provide insights into the challenges faced by pharmacists and to propose practical recommendations to improve pharmaceutical care in the context of insomnia management.

This study was designed to assess the knowledge, practices, and experiences of Moroccan pharmacists and patients in the management of insomnia, with a particular focus on doxylamine-based hypnotics. The survey method was employed to gather comprehensive data regarding patient demographics, treatment adherence, the efficacy and safety of doxylamine, as well as the impact of insomnia on the patients' quality of life. Through the use of both paper and online survey formats, a diverse sample of 40 patients was surveyed, providing valuable insights into the practices surrounding the use of doxylamine in the Moroccan pharmacy setting.

In this study, Moroccan pharmacy visitors were surveyed to explore their understanding of insomnia, their medication preferences, and the role of pharmacists in insomnia management. Doxylamine is commonly used as an OTC hypnotic in Morocco. It is a first-generation antihistamine known for its sedative properties, which makes it effective for short-term management of insomnia. However, it is crucial to highlight that long-term use of doxylamine can lead to tolerance, dependence, and side effects (such as cognitive impairment and anticholinergic effects). One notable finding from the survey was the lack of awareness about the long-term risks associated with doxylamine. 60% of the respondents were unaware of the potential for tolerance or dependence, and a similar proportion were unfamiliar with the side effects such as dry mouth, blurred vision, and constipation. This highlights a significant gap in patient education regarding medication safety. Pharmacists need to play a more active role in educating patients about the proper use of doxylamine and its potential risks. The lack of awareness can result in misuse and adverse health outcomes, particularly when used for extended periods. While 80% of patients were prescribed the correct dosage of doxylamine, 25% admitted to occasionally exceeding the recommended dose. This issue may be due to self-medication or lack of proper counseling by the pharmacist.

Exceeding the recommended dose increases the risk of side effects, and patients should be educated on the importance of adhering to prescribed dosages. 85% of patients reported that they did not receive detailed counseling on the use of doxylamine, including its side effects, proper dosage, and potential interactions. This indicates a significant gap in the pharmaceutical care being provided in Moroccan pharmacies. Pharmacists should ensure they offer personalized counseling to ensure patients are informed about the medication they are taking and are aware of its limitations and risks.

Pharmacists have a critical role in the safe use of OTC hypnotics. The management of insomnia, particularly through the use of doxylamine-based hypnotics, presents significant opportunities for improvement. By integrating evidence-based practices, personalized care, Moroccan pharmacists can play a critical role in improving the quality of insomnia care.