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Національний фармацевтичний університет
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**АКТУАЛЬНІ ПИТАННЯ
КЛІНІЧНОЇ ФАРМАКОЛОГІЇ ТА КЛІНІЧНОЇ ФАРМАЦІЇ
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IMPROVEMENT OF PHARMACEUTICAL CARE WHEN USING THE GROUP OF HYPNOTIC AND SEDATIVE MEDICINES IN MODERN CONDITIONS

Tymchenko Yu.V., Bondariev E.V.

*National University of Pharmacy, Kharkiv, Ukraine
Institute for Advanced Training of Pharmacy Specialists
Department of Clinical Pharmacology
utimcenko58@gmail.com*

Introduction. The spread of mental disorders, pathological conditions and mental illnesses occupy a significant place among the causes of inactivity, disability and mortality of the population in all developed countries of the world. Today's realities are such that a protracted war is raging in our country - "endless February". These factors lead to the development of psychotrauma, persistent crisis situations, stress disorders, sleep disorders associated with military operations. More than 10-12% of the population of developed countries suffers from insomnia, and every second adult has one or more symptoms of a sleep disorder. The results of the fourth wave of the All-Ukrainian study on the mental health of Ukrainians during the war (February 2025) showed that 50% of respondents experience sleep deterioration, exhaustion - 49%, bad mood - 49%, emotional instability - 45%. Doctors, pharmacists and clinical pharmacists in their practice constantly use psycholeptic drugs and apply the principles of pharmaceutical care. Pharmaceutical care when using rational therapy is the basis for successful treatment of patients with stress disorders, sleep disorders and ensuring the prevention of possible complications. Modern algorithms for improving the main criteria of pharmaceutical care require increasing the efficiency of the use of drugs, as well as reducing their side, negative

effects, which are necessary conditions for high-quality therapy and are relevant from the standpoint of clinical pharmacy.

Research objective: Improvement and optimization of the pharmaceutical care algorithm in modern conditions when prescribing a group of hypnotics and sedatives in patients with psychoneurological pathology, sleep disorders and stress disorders.

Materials and methods. Conducting a clinical and pharmaceutical study to optimize and improve the modern use of pharmaceutical care when prescribing a group of hypnotic and sedative drugs with analysis and clinical processing of data from a questionnaire survey of patients with psychoneurological pathology, sleep disorders and stress disorders.

Results. The results of the clinical and pharmaceutical analysis of the use of the group of hypnotics and sedatives in the treatment of common crisis states, sleep disorders and stress disorders, which were systematized and analyzed, confirm that the main clinical aspect in the treatment of this area is the effectiveness and safety of the rational use of the group of hypnotics and sedatives in the psychoneurological practice of clinical medicine. As a result of the use of this group of drugs and on the basis of the data obtained, modern provisions of pharmaceutical care in the use of the group of hypnotics and sedatives were determined and improved.

It is necessary to identify and exclude "dangerous symptoms" that require immediate medical attention (long-term, chronic insomnia, sleep disorders accompanied by increased blood pressure, headache, pain behind the sternum, etc.).

The use of sleeping pills and sedatives is recommended only after consultation and prescription from a doctor with constant monitoring by a specialist.

With specific psychoneurological symptoms, it is always necessary to determine the clinical picture of which disease the medication is prescribed for.

Considering the psychoneurological specificity of the pathological condition, clarify contraindications to prescribing the drug to this patient, which are indicated in the treatment regimens.

Taking into account the psychoneurological specificity of the disease, the algorithm of pharmaceutical care and the patient's willingness to accept the prescribed treatment are clarified.

In the pre-medication phase, recommendations on "sleep hygiene" are an integral part of the treatment of sleep disorders.

Recommendations regarding the time of administration should state that sleeping pills and sedatives should be taken immediately before bedtime.

After taking this group of drugs, you should not drive vehicles, work with machinery, or perform other activities that require concentration and reaction speed.

It is necessary to clearly determine the duration of the course of treatment, not to exceed the recommended treatment period, which for sleeping pills is usually 10-14 days, since prolonged use can lead to dependence, tolerance and "withdrawal syndrome."

It is necessary to start drug treatment with hypnotic and sedative herbal medicines followed by the use of melatonin preparations , over-the-counter doxylamine.

Hypnotics and sedatives may enhance the effects of other drugs that depress the central nervous system (CNS), such as analgesics, local anesthetics , and centrally acting antihypertensive drugs.

Alcohol-containing tinctures of sedatives and anxiolytics are contraindicated for children under 3 years of age, pregnant and lactating women, as well as persons undergoing treatment for alcohol addiction.

Motherwort extract is contraindicated during pregnancy, valerian preparations have a choleric effect and stimulate the secretion of the glands of the gastrointestinal tract .

The use of a group of hypnotics can potentiate the effects of sedatives and analgesics .

The use of melatonin is contraindicated in diabetes mellitus and autoimmune diseases.

It should be noted that in the first trimester of pregnancy , barbiturates, benzodiazepines , doxylamine , zopiclone , and zolpidem have a teratogenic effect .

It should be taken into account that in elderly patients, hypnotics and sedatives can impair the quality of cognitive processes, memory, and attention.

Conclusions: The sections of pharmaceutical care for patients with psychoneurological pathology, sleep disorders and stress disorders who use hypnotic and sedative drugs of the psycholeptic group have been improved and substantiated in accordance with modern requirements. The need for a comprehensive approach to the clinical problem of treating these psychoneurological conditions has been determined and proven. It has been substantiated that clinical and pharmaceutical improvement of modern aspects of pharmaceutical care when using the group of hypnotic and sedative drugs contributes to increasing the level of professional training of doctors, pharmacists and clinical pharmacists.