

Summary

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Thesis: Psychosocial workload of Pharmacists II.

Background: My work is focused on pharmacy professionals in terms of their daily mental stress.

Aim of study: To characterize the profession of a pharmacist from a historical perspective, their role in society, and the legislative definitions. Describe concepts related to mental health and mental hygiene focusing on stress, fatigue, and burnout. In the practical part, analyse the identified subjective feelings of fatigue of pharmacists and pharmaceutical assistants while comparing these two interviewed groups and evaluating the impact of the pharmacy location (city, village).

Methods: Questionnaire survey through the Subjective Symptoms of Fatigue (SSF) questionnaire and the scale of Mental Fatigue. Respondents - pharmacists and pharmaceutical assistants in the same proportion of representation concerning the expertise and location of the pharmacy. A total of 200 respondents, 100 respondents from villages and 100 from cities. Each of the 100 respondents is represented by 50 pharmacists and 50 pharmaceutical assistants. Processing of results - Microsoft Excel program.

Results: By analysing individual groups which compared fatigue levels, pharmacists and workers in cities reported higher subjective feelings of fatigue. An exception was found in the morning values of pharmaceutical assistants in villages, which were higher. Individuals entering the morning shift reported feeling insufficiently rested and experiencing an excessive increase in fatigue during the shift. The most common factors were a decrease in motivation by 10 % of respondents at the beginning of the shift, CNS fatigue by 23 % of respondents at the end of the shift and an increase in fatigue during the shift by 27,5 % of respondents.

Conclusion: Pharmacists and urban workers experienced more frequent fatigue. The SSF questionnaire in comparison with the scale of Mental Fatigue served as a more precise method.