

ABSTRACT

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Thesis Title	Pharmacists' health aspects of stress

Introduction: Pharmacists working in pharmacies may be subject to some strain and stress. The main task of this profession is the dispensing of medicines when you need to be very attentive and responsible. With the action of stressors and the consequent stress there are manifestations of fatigue which disappear with rest. Working conditions are an important factor that affect the overall mental and physical condition of the pharmacist.

Objective: The aim of the thesis was to evaluate the degree of fatigue of pharmacists by analysing working conditions and based on the results to recommend proposals for improving health and working conditions in pharmacies.

Methods: The method was based on a questionnaire survey, where pharmacists responded to the degree of fatigue in the area of subjective feelings of fatigue, vision problems and problems associated with the musculoskeletal system. Questionnaires were filled in by pharmacists from chain (Benu and Dr.Max) and other pharmacies, then the results were compared. Out of 200 questionnaires, 160 fully completed questions were returned to me and the results were evaluated in Microsoft Office Excel.

Results: The results are evaluated from completed questionnaires in the number of 160 (21 - Benu, 50 - Dr. Max, 89 - other pharmacies). A strong feeling of heavy legs occurs in 97.2% of pharmacists in the chain, in 85.4% in other pharmacies. A slight feeling of stiff movements occurs in 81.7% in chain pharmacies and in 80.9% in other pharmacies. A strong feeling of lying down on a sofa occurs in 40.8% in chains and a slight feeling in 100.0% in other pharmacies. Mild headache occurs in 77.5% of chain and other pharmacies. Mild low back pain occurs in 77.5% in chain and 50.6% in other pharmacies. Mild dry mouth occurs in 91.5% in chain and 29.2% in other pharmacies. Higher levels of fatigue have been shown in pharmacists working

in chain pharmacies. The most common visual problem is most often associated with general visual fatigue, in 84.5% daily/ almost daily in chain and in 76.4% in other pharmacies. Visual problems are more common in other pharmacies. Pain, pressure, stiffness around the shoulder blades occurs in 42.3% daily/ almost daily in chain and in 34.8% in other pharmacies. Pain, pressure, stiffness in the lower back is rare in 57.7% in chain and in 31.5% in other pharmacies. Pain, pressure, stiffness in the legs occur in 87.3 daily/ almost daily in chain and in 77.5% in other pharmacies. The overall feeling of physical fatigue occurs daily/ almost daily in 53.5% in chain and in 40.4% in other pharmacies. From the results for problems with the musculoskeletal system, the ratio of the occurrence of these problems was relatively balanced between the two types of pharmacies.

Conclusion: The results of the questionnaire survey confirmed the existence of health problems related to the profession of pharmacist in pharmacy. The most common are problems with the musculoskeletal system, eye fatigue, but there are also problems in the mental area. Improving working conditions can help to improve the quality of work performance and also the health of pharmacists.

Key words: load, stress, risk factors, social interactions, discomfort