

ABSTRACT

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Thesis Title	Psychosocial Work Burden of Pharmacists I.

Introduction: Practicing a pharmacy as a pharmacist can cause stress and strain. The main task is to dispense medicines, where a lot of attention and responsibility is needed. With the induced stress and the action of stressors, there are feelings of fatigue, which disappear after rest. Working conditions are an important factor that affect the overall mental and physical condition of the pharmacist.

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

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 and independent pharmacies, and the results were then 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. 90.63% of participants feel a strong feeling of fatigue associated with heavy legs. 81.88% of participants feel a slight feeling when they would like to lie down, 81.25% have a slight feeling that their movements are stiffer and more clumsy, a high percentage of mild fatigue is due to low back pain, namely 77.50%. As many as 68.75% of participants have a mild feeling of dry mouth and 61.25% have a mild feeling of losing their self-confidence and self-confidence. The overall feeling of visual fatigue was manifested in 85% of respondents, of which up to 80% experience this fatigue daily or almost daily. The intensity of this fatigue is relatively balanced in percentage. In 42.65%, the problems disappear after sleep, and in 35.29%, this visual fatigue persists. The highest percentage of musculoskeletal problems is related to pain, pressure and

stiffness in the legs, where up to 81.88% of pharmacists have this feeling daily or almost daily. In 65.38% this feeling is noticeable and in 65.38% this problem disappears only in the evening. Pain in the neck and lower back, as well as mild swelling of the legs, was also present in a large percentage. The overall feeling of physical fatigue manifests itself daily or almost daily in 46.25% of pharmacists. The intensity is relatively balanced in percentage between a slight and noticeable feeling. In 66.19%, this fatigue disappears after sleep.

Conclusion: Based on the obtained results, there are forms of fatigue related to the profession of pharmacist. The most represented manifestations of fatigue in more than 50% of pharmacists are manifested in the area of the musculoskeletal system, in the mental area, but also considerable fatigue. Adjusting working conditions can improve the work performance and health of pharmacists.

Key words: load, stress, risk factors, work intensity, monotony, social interactions, discomfort