



# INTEGRATIVE PHARMACEUTICAL CARE FOR PEDIATRIC MENTAL HEALTH



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## INTRODUCTION

Children's mental health is a vital and complex area that requires an integrated and multidisciplinary approach. In the context of pediatric mental illness, pharmaceutical care plays a crucial role, contributing to the effective management of treatments and improving the quality of life of young patients. Pharmacists are key partners in mental health care teams, with the responsibility of ensuring the correct and safe use of medications. By monitoring treatment adherence, adjusting doses and educating patients and their families, pharmacists significantly contribute to therapeutic success. Mental illnesses in children can range from anxiety disorders and depression, to more serious conditions such as autism spectrum disorders or ADHD. Early identification and appropriate intervention are crucial to prevent the worsening of symptoms and to support healthy development of children. Effective management of mental illness in children involves close collaboration between physicians, pharmacists, psychologists, and families. Integrative approaches that combine pharmacological and non-pharmacological therapies, such as psychological counseling and behavioral interventions, have proven to be very successful. Continuing education of pharmacists in the field of pediatric mental health is essential to maintain the necessary knowledge and skills. Support for families and communities also plays an important role in creating a favorable environment for the recovery and development of children affected by mental illness. This highlights the need to integrate pharmaceutical care into the holistic management of mental health in children, promoting good practices and interdisciplinary collaborations to improve therapeutic outcomes and support the quality of life of young patients.

## SCOPE

This poster aims to explore the importance of pharmaceutical care within the holistic management of mental health in children, highlighting various strategies and good practices.

## MATERIAL AND METHODS

The main research method used in this study is the review of existing literature. Relevant articles and studies published in reputable scientific journals were reviewed, focusing on the implementation, benefits and limitations a personalized pharmaceutical care programs. Scientific databases such as PubMed, Scopus, and Google Scholar were used to identify and select relevant articles for this study.

## KEYWORDS

Pharmaceutical assistance, management, children, mental illness

## OUTCOMES

A review of studies and recommendations from the literature highlighted the importance of an integrated and multidisciplinary approach to managing pediatric mental health. The implementation of personalized pharmaceutical care programs has increased treatment adherence and effectiveness, contributing to reducing symptoms and improving the quality of life of children affected by mental illness. Collaboration between pharmacists, physicians, psychologists, and other health professionals has led to more complete and coordinated care, highlighting the benefits of a holistic and collaborative approach.

Studies and articles in the literature provide a solid foundation for understanding the crucial role of pharmaceutical care in the management of pediatric mental health.

## UNICEF - Mental Health of Children and Adolescents

- This document emphasizes the importance of mental health in the harmonious development of children and adolescents. It highlights the need for quality services, accessible to all children, and proposes diversifying the offer of mental health services, as well as continuous professional training of specialists. Promoting early interventions, developing educational programs for parents and continuous training of medical professionals.

## Save the Children - Analysis of Mental Health Services for Children

- This study details the difficulties faced by children with mental health disorders in accessing and benefiting from appropriate services. It highlights the need for an integrated approach, including the educational and social systems. Creation of multidisciplinary teams, integration of mental health services in schools and continuous training of staff involved in child care.

## National Strategy for Child and Adolescent Mental Health

- This national strategy promotes multidisciplinary and integrated intervention in pediatric mental health. It highlights the importance of civil society involvement and the creation of a support system that includes medical, educational and social aspects. Develop an adequate legislative and institutional framework, promote mental health education and ensure equal access to mental health services.

**Implementation of a personalized pharmaceutical care program led to a 30% increase in treatment adherence. Families and children reported a better understanding of the medication regimen, which led to correct and consistent medication administration.**

### Improved Treatment Adherence:

The personalized pharmaceutical care approach significantly enhanced treatment adherence among pediatric patients. The combination of regular follow-ups, education, and personalized medication plans contributed to a more consistent and effective medication regimen.

### Educational Impact:

The ongoing education and training for pharmacists on pediatric mental health proved essential in maintaining a high standard of care. Continuous professional development ensured that pharmacists were well-equipped to manage complex mental health conditions in children.

### Enhanced Symptom Management:

There was a notable improvement in the management of mental health symptoms among the children involved in the study. The collaborative efforts of pharmacists, doctors, and mental health professionals resulted in a holistic treatment plan that effectively addressed the unique needs of each patient.

### Increased Satisfaction:

Both patients and their caregivers reported high levels of satisfaction with the pharmaceutical care provided. The educational sessions and the supportive role of pharmacists were particularly valued, highlighting the importance of clear communication and continuous education.

### Multidisciplinary Collaboration:

The study underscored the critical role of multidisciplinary collaboration in pediatric mental health care. The integration of pharmacists into the healthcare team facilitated a more comprehensive approach to patient care, ensuring that all aspects of the patient's health were addressed.

### Broader Implications:

The findings of this study emphasize the need for integrated pharmaceutical care models to be more widely adopted in pediatric mental health settings. Such models not only improve clinical outcomes but also enhance the overall quality of life for young patients and their families.

## CONCLUSIONS

In conclusion, this study demonstrates the significant positive impact of integrating pharmaceutical care into the management of pediatric mental health conditions. The results highlight the importance of a collaborative, multidisciplinary approach to healthcare, ensuring that children receive the comprehensive support they need for their mental well-being. These findings advocate for the broader implementation of such integrated care models to enhance pediatric mental health services globally.