



REVIEW ARTICLE

# A ROAD MAP TO ACHIEVE SUSTAINABLE GOALS IN THE HEALTHCARE SYSTEM: A PERSPECTIVE OF A PHARMACIST

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## ABSTRACT

Total 17 Sustainable Development Goals (SDGs) for 2030 are developed and adopted by UNs through several decades of work by member nations and department of economic and social affair of UN. The progress reports of the same have been reviewed time to time by UN system (i.e., SDG progress reports of 2016, 2017, 2018, 2019, 2020, 2021, 2022 and 2023). Pharmacists can be a part of the major initiative to improve overall public health and can contribute at a large to reach to SGD-3 targets of good health and wen-being. Through this SDG pharmacist can play an active part to improve and ensure health and well-being of all age people though patient care, patient education and active participation in health policy development of the country. This article reviews how pharmacist can play a crucial role in meeting SDG of health and well-being.

**Keywords:** SDGs, Pharmacist, Health care, Education, Training

## INTRODUCTION

Sustainable development goals were adopted by the members of United Nations in 2015. These goals provided the blueprint for the prosperity of all including human and non-human livings on the plant for the present and future time. There is total 17 goals were decided and all the developed and developing countries were requested for the global partnership to full fil the need to reach these goals by 2030. Thus, the goals were decided to eradicate property and many other challenges faced globally by adopting strategies and working hand-in-hand

by all the countries globally to improve the health and education level, reduced the inequalities and to make economic growth equally though out the world considering the preservation of oceans and forests and thereby facing the climate change. The complete SDGs cover all the broad aspects of health and well-being, economics, education, climate, communities, life, strong institutions, etc. where a pharmacist can play a key role.<sup>[1,2]</sup>

## **POSSIBLE KEY THEMES WHERE PHARMACIST CAN PLAY A ROLE**

### **Sustainability and Pharmacist**

Pharmacist has a proactive role in the society to take a step towards sustainability. And pharmacist can play a major role in SDG of the millennium. Many professional, educational and research organizations defined and discussed role of pharmacist in sustainability. FIP is one of them that frequently deliberated how pharmacist can play a role in sustainable practices in pharmacy. Pharmacist has the unique role in promoting the sustainable health care practices. For the collaboration with health care professionals, pharmacist can take a lead role and explain the importance of sustainable practices in health care. Pharmacist can be a trusted role for this purpose.<sup>[2,3]</sup>

### **Continuous Training and Education as an Urgent Need**

The landscape of the continuous upgrading the knowledge and practices can be possible only through the training and education. If the knowledge and training can keep the pharmacist up to date in line with the climate changes, changes in the health need of the public, utility of various technologies, and other aspects can keep the pharmacist well equipped to perform well and can raise awareness in the stake holders for the same. For example, life cycle of medicines, storage of medicines, disposal of medicines, minimizing waste, ecofriendly use of medicines, important aspects where pharmacist can play a role.<sup>[3,4]</sup>

### **Significant of Partnership and Interdisciplinary Collaboration**

The third and very important theme for the sustainable health care practices and role of pharmacist is the partnership and the interdisciplinary collaborations. Like all other field, collaboration and interdisciplinary work always give higher success than the individual efforts in sustainable healthcare system for communities of patients, their relatives.<sup>[2,3,4,5]</sup>

### **Significance of Continuous Evaluation and Monitoring**

Continuous monitoring and evaluation of the learning and practices of the pharmacist. It is one of the crucial practices to evaluate the effect of

sustainable practices which are initiated to ensure its success and based upon the evaluation improvements can be continued. technology and there is a need to evaluate by various discussion forums, stake holder feedbacks, and need to identify the areas where good improvement is achieved and where lack of the success. The areas identified as poorly achieved areas can be taken ahead for further training and practices to get the greatest impact. Based upon such evaluations time to time policy changes and decision making can also be improvised for betterment of environment and the community.<sup>[6]</sup>

### **Adaptation of Upcoming Technology and AI**

Current technology is required to be adopted for the easy, fast and smooth practice in pharmacy by the pharmacist. For example, disposal of medicine, climatic effect on medicine, etc. can be easily monitored by use of AI and various software.<sup>[2,6]</sup>

One such example where we can understand the significance of use of technology is the maintaining of patient records (i.e., e- health records or EHRS) as a part of sustainable healthcare practices. There is a need to start from the beginning of the prescription which we can say as a story beginning for pharmacist's role in everything. Through EHRs, the pharmacist gets have easy access to all the information for required for the sustainable patient care like medication management.<sup>[2,6]</sup>

### **To Overcome the Challenges for Sustainable Health Care Practices**

Whenever there are inadequate or limited resources the scope of improvement, education and training would be affected. Such kind of challenges can be overcome by the access to the quality literature and updates, utilities in the field, so quality care of the patients can be delivered by the pharmacist. And while giving access to such resources the population of patients should always be considered. Covid-19 is an unforgettable example where each and every country faced the problems of lack of utilities and resources for the patients' welfare and sustainable cares.<sup>[7]</sup>

### **The Potential Role of Pharmacists**

The potential role of pharmacists in addressing environmental health issues is an area that requires further exploration. Role of the pharmacist is always emphasized by the FIP and other organizations in SDG including air pollution, climate changes, sustainable communities, education to the patients and communities and promote policies for the environment health care.<sup>[1,2,8]</sup>

When all the themes are reviewed and priorities are made to support the SDGs globally by the pharmacist few important roles were identified. These are:

1. Advocating the expansion of pharmacists' scope of practice by focus on increasing the scope of pharmacist's practices and research.<sup>[6,9,10]</sup>

2. Embracing digital health and technology in health care practices.<sup>[6]</sup>
3. Addressing environmental health issues by pharmacists and prioritize the issues of health hazards due to environment.<sup>[6]</sup>
4. Measuring the impact of pharmacy practice through the use of certain observatories designed by global organizations like FIF (i.e. GPO)<sup>[6]</sup>
5. Collaborating with other stakeholders and healthcare professionals i.e. physicians, patients, nurses, payers, policy makers, etc.<sup>[6]</sup>
6. Focusing on patient-centered care should be prioritized and take role of patients in decision making and in investing in education and various training programs so the role of pharmacist can be improved in collaborative mode.<sup>[6]</sup>

## CONCLUSION

Pharmacist can play a key role in sustainable health care practices if they are training and educated well in collaboration with other health care professionals and stake holders. Further, rapid implementation of newer technologies is also required from the side of pharmacist in clinical pharmacy.

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