

Role of Clinical Pharmacology in Healthcare

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Abstract

Healthcare innovation can be pursued by spreading disciplines that allow the achievement of precision medicine. One of them is Clinical Pharmacology which guarantees in the National Health Service (NHS) the correct use of drugs according with individual patient's response. The skills of the Clinical Pharmacologist, encompassing pharmacodynamics, pharmacokinetics, pharmacogenetics, pharmacoepidemiology, toxicology and pharmacovigilance, allow a safe and appropriate use of the drug, also in very complex patients. Clinical Pharmacology aims to safeguard prescriptive appropriateness respecting the risk/benefit and cost/benefit assessments, improving the clinical practice. It can support primary care by helping in setting up the treatments by therapy reconciliation and deprescribing processes. Indeed, thanks to deep knowledge in old and new drugs, the Clinical Pharmacologist can lend his expertise for diagnostic, therapeutic and assistance activities aimed at constantly improving the drug safety, assessed specifically for each individual patient. In addition, the Clinical Pharmacology is essential for the design, management, and monitoring of clinical trials, in all their phases, contributing to strategic progresses of the NHS in step with times. Clinical Pharmacology is essential to improve clinical practice, to create truly personalized medicine and to improve clinical and healthcare outcomes. Therefore, there is an urgent need to implement the presence of such a biomedical area in the Universities, hospitals, and territorial structures to really support the healthcare.

Biography

Carmine Sellitto is an MD specialist in Clinical Pharmacology and Toxicology. He is currently attending the PhD in Translational Medicine of Development and Active Aging at the University of Salerno. He belongs to the Department of Medicine, Surgery and Dentistry of the same University and works at the Clinical Pharmacology and Pharmacogenetic Unit of the University Hospital of Salerno.

He carries out an intense research activity in the field of pharmacology, pharmacogenetics, physical activity in athletes and oxidative stress.