CT PHARMACIST PRN LINK

2017 American Diabetes Association (ADA) Guideline Overview

Every January, the ADA release its Standards of Medical Care in Diabetes published in its journal, Diabetes Care. Below you will find some of the key points:

• For many non-pregnant adults, an A1c goal of < 7% is reasonable. A more stringent (< 6.5%) or less stringent goal (< 8%) may be reasonable based on specific patient factors.
  o Metformin remains the mainstay of treatment, unless contraindicated or intolerant.
  o Figure 8.1 (p. S66) and Table 8.1 (p.S68-70) provide guidance on medication treatment options.
• Blood pressure goal is < 140/90 mmHg. Treatment options include thiazide-like diuretics, ACE-inhibitors, ARBs, or dihydropyridine CCBs.
• Cholesterol treatment with a statin is warranted in many patients with diabetes. (See the “Lipid Management” table on p.S79 for details.)
• Patients should receive immunizations (annual influenza, PCV 13, PPSV 23, and Hepatitis B) as warranted.
• Patients should complete eye, foot, and renal assessments for monitoring and prevention of complications.
• Support patient behavior change by:
  o Encouraging patients to engage in healthy lifestyle choices, such as healthy eating, physical activity, tobacco cessation, weight management, and stress management.
  o Self-management (medication adherence and self-monitoring of blood glucose and blood pressure, as warranted)

A pdf of the guidelines can be found at:

Please remember that Marissa is available as a resource via phone or e-mail.

FEBRUARY 2017

Looking for Community Pharmacist Partners

Know of another community pharmacist who wants to expand their practice and engage patients through providing MTM?

We are expanding our network of pharmacists!

Please e-mail Tom or Marissa with the name and contact information of your colleague(s), so we can discuss our partnership opportunity with them.

Noteworthy

The UConn School of Pharmacy is in the midst of a national search for a Medication Management and Safety pharmacist faculty member. This faculty member will be integral in optimizing the PRISM health services research initiative and expanding our existing community pharmacy practice network.

Want to learn more about the PRISM initiative and listen to its webinars?

Visit:
http://pharmacy.uconn.edu/research/centers-collaboratives/prism/

Please share recent accomplishments and noteworthy information with Marissa (marissa.salvo@uconn.edu).
Objective: Investigate how community pharmacists can engage underserved populations to help lower blood pressure through various services including patient outreach, blood pressure monitoring, and medication therapy management (MTM).

Methods:
- Fliers were created and attached to prescription bags containing anti-hypertension medications, encouraging patients to speak with the pharmacist.
- Using a computer database screening, patients on antihypertensive medications were contacted by phone to discuss blood pressure (BP) control and medication use. Pharmacy students under pharmacist supervision conducted readings and MTM sessions.

Results:
- 254 fliers were distributed.
- Of the 387 phone calls initiated, 50 patients were successfully reached; of which, 16 patients came to the pharmacy for an MTM session.
- 17 drug therapy problems were identified in 9 out of 16 patients.
- Additionally, 19 interventions were made during the MTM sessions.

Conclusions:
- Initiating phone calls to hypertensive patients and attaching fliers to prescription bags can open discussions regarding BP management.
- Engaging patients through MTM allows pharmacists to identify and intervene on drug therapy problems, including barriers to adherence, side effects, and issues regarding medication safety and efficacy.

We’d love to hear what works for YOU in implementing MTM!