

Community Pharmacists' Impact on Cardiometabolic Health

Pharmacists Facts

Pharmacists Make Essential Contributions to Community Health Care.

The role of pharmacists has evolved from dispensing medication to providing clinical care, administering vaccinations, screening for diseases, and health coaching. They are critical members of the public health roundtable.

Health care in the United States is commonly provided through episodic appointments with fragmented connections between providers. This model can decrease adherence to treatment plans, especially medications, and minimize engagement in basic public health practice. Pharmacists expand access to valuable patient care services, while providing oversight and management of a patient's adherence to their treatment plan, improve quality and outcomes while reducing cost of care. It is essential to highlight the contributions of the pharmacy profession to public health. Sharing this information will increase awareness among other health professionals and the public about the integral role of pharmacists in addressing health disparities.

- Community pharmacy response to the COVID-19 pandemic publicized the value of having pharmacist-provide care and highlighted their collaboration with local public health agencies.
- Pharmacists can be utilized to provide collaborative medication therapy management services to patients which results in improved chronic disease outcomes.
- The integration of pharmacy with clinical medicine has been recommended by CDC and the American College of Cardiology. It has been demonstrated that integration with other health care agencies and the community leads to improved health outcomes.

95% of Americans live within five miles of a pharmacy.

- Pharmacists are in offices and facilities throughout the health care system, often in neighborhoods close to home. In most underserved communities, pharmacies are the initial point of contact with the health infrastructure.
- Results from multiple studies demonstrate the effect on patients' health and wellbeing when pharmacists are included in team-based care.

Pharmacists can improve chronic disease outcomes



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Diabetes:

- Project IMPACT: Diabetes: In 25 underserved communities across the U.S., pharmacists were recruited to join interdisciplinary diabetes management teams. Adding a pharmacist to the care model improved diabetes outcomes, including:
 - 0.8% decrease in average long-term blood sugar (A1c) levels
 - 8.8 mg/dL decrease in total cholesterol
- One physician–pharmacist team brought a cohort of patients with diabetes to the hemoglobin A1c goal of less than 7.0% in 99 fewer days than the usual medical care of a physician alone. Pharmacists bring added value to the care team.
- Diabetes Ten City Challenge: Employers saved \$1,079 on average per patient by investing in pharmacists as part of health care team.
- Patient Self-Management Program for Diabetes: Initiating a multistate community pharmacy services program for patients with diabetes resulted in a 10.8% decrease in total mean health care costs per patient per year.

Hyperlipidemia

- Project IMPACT: Hyperlipidemia: 90.1% rate of medication compliance when pharmacists have immediate access to patient data.
- 93.6% of patients achieved medication persistence, defined as continuing with therapy for the duration of the project (24.6 months).
- 90.1% of patients achieved medication compliance, defined here as missing less than 5 doses of medicine between each refill.

Disease Prevention

- Patients have more interaction with their pharmacist than with any other health care providers, so pharmacists are well positioned to deliver preventive services.
- Project IMPACT: Immunizations: 41.4% increase in the number of vaccines administered when pharmacists have access to a patient's vaccine history and can identify unmet vaccination needs.
- Widespread implementation of USPSTF-recommended and other preventive health services should be expanded in community pharmacies to broaden the base of preventive service delivery across the population, but barriers remain to scaling up the delivery of these services by pharmacists.

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Hypertension

- Project IMPACT: Hypertension: This pharmacy hypertension service resulted in improved blood pressure control in patients who were not at their treatment goal.
- All patients demonstrated an increase in their knowledge about hypertension and its treatment and expressed high satisfaction with the pharmacy service.
- The use of home blood pressure monitoring devices that can transmit information to pharmacists and the integration of reports based on this information into the routine patient care services can support pharmacists as they help patients reach and maintain blood pressure goals. (18)
- Collaborative models for medication therapy management show improvements in self-reported use of self-management tools, reductions in medication adherence barriers, and high levels of satisfaction with the pharmacist in controlling hypertension (7).

Behavioral Health

- Project IMPACT: Depression: 80% of patients exhibited a decrease in severity of depression after pharmacist-provided intervention.

Policy Principles

- Determine best practices for removing barriers that prevent community pharmacists from delivering vaccines,
- Elevate both the self-efficacy of pharmacists in delivering all vaccines and the awareness among the public about the appropriateness of pharmacists administering vaccines, to expand beyond vaccines that are currently most frequently administered — influenza, pneumococcal, and herpes zoster (shingles) vaccines.
- Strengthen partnerships among members of team-based care.
- Fully integrate pharmacists into community health needs assessments, disease surveillance, and monitoring of health outcomes.
- Remove current barriers so pharmacists can help to achieve public health outcomes not only in chronic diseases but also in HIV testing, antimicrobial stewardship programs, immunizations, and many others.



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[Pharmacy Contributions to Improved Population Health: Expanding the Public Health Roundtable \(cdc.gov\)](#)

https://www.aphafoundation.org/sites/default/files/ckeditor/files/ProjectIMPACT_Resource_Info_Sheet.pdf

https://www.aphafoundation.org/sites/default/files/Project%20IMPACT%20Diabetes_Education-Info-Sheet.pdf

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<http://rximpact.nacds.org/pdfs/nacds-fact-sheet.pdf>