

# Community Pharmacist-Led Clinical Review for Diabetic Patients

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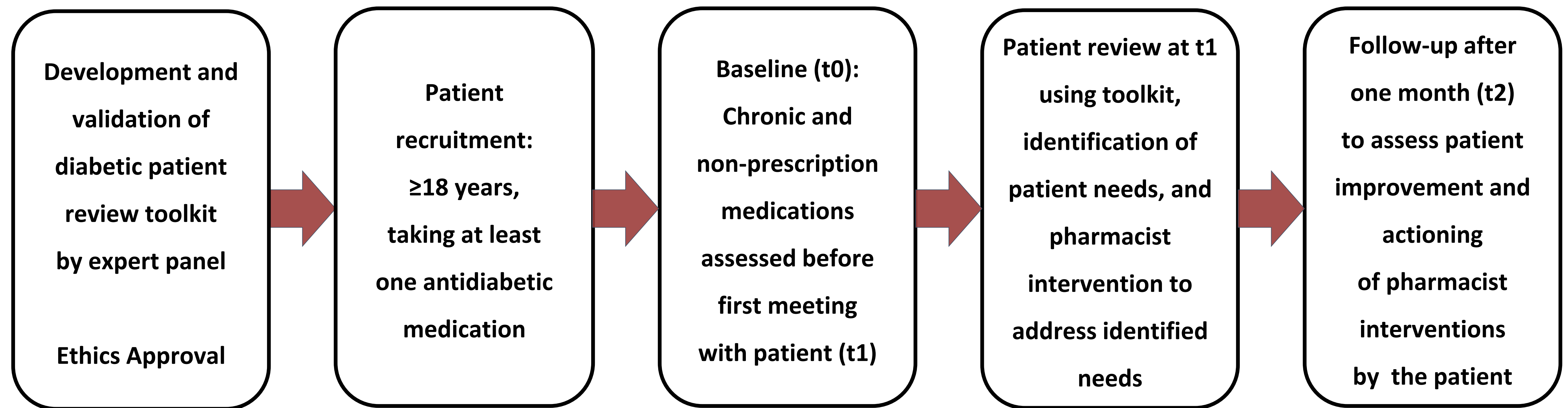
## INTRODUCTION

Due to ease of accessibility, community pharmacists are positioned to support and empower patients in managing and reducing risks associated with chronic conditions, such as diabetes.<sup>1,2</sup>

## AIMS

To develop and implement a diabetic patient review toolkit and evaluate pharmacist interventions in community pharmacy.

## METHOD



## RESULTS

- The developed toolkit enables individualised patient review of medications, diabetes knowledge, medication adherence, diabetic complications, lifestyle, laboratory investigations, and monitoring, and identifies patients requiring referral to a physician.
- 55 patients attended at t1; male (n=29), mean age 61 (range 24-92) years, diabetes type 2 (n=41), mean number of medications per patient 5 (range 1-11).
- Mean duration for t1 was 15 minutes (range 10-25) and 3 minutes (range 2-7) for t2.
- A total of 160 needs were identified in 50 patients; education-related in all 50 patients and drug-related in 18 patients (Table 1). Nine patients were referred to a physician.
- Fifty-three patients attended at t2, and 104 (65%) of the identified needs were addressed by the patients (Table 2).

Table 1: Patient needs identified (N=50)

Patient Need	Number of Patients
Education on medication use, adherence and storage	28
Education on lifestyle	26
Education on self-monitoring	23
Inappropriate drug selection	10
Inappropriate dose selection	9
Inappropriate medication handling by patient	6

Table 2: Implementation of interventions

Pharmacist intervention	Implementation rate
Referral for change in dose	89%
Advice on medication handling	83%
Advice on medication use, adherence and storage	68%
Advice on lifestyle modifications	67%
Advice on self-monitoring	60%
Referral for change in drug	55%

## CONCLUSION

The devised toolkit is feasible, practical, strengthens pharmacist-patient relationship, and supports patient empowerment. Community pharmacist interventions were successful in improving patient awareness and led to behavioural changes. A limitation of the study was patient self-reporting.

## REFERENCES

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