

# Community Pharmacist-Led Clinical Review for Diabetic Patients

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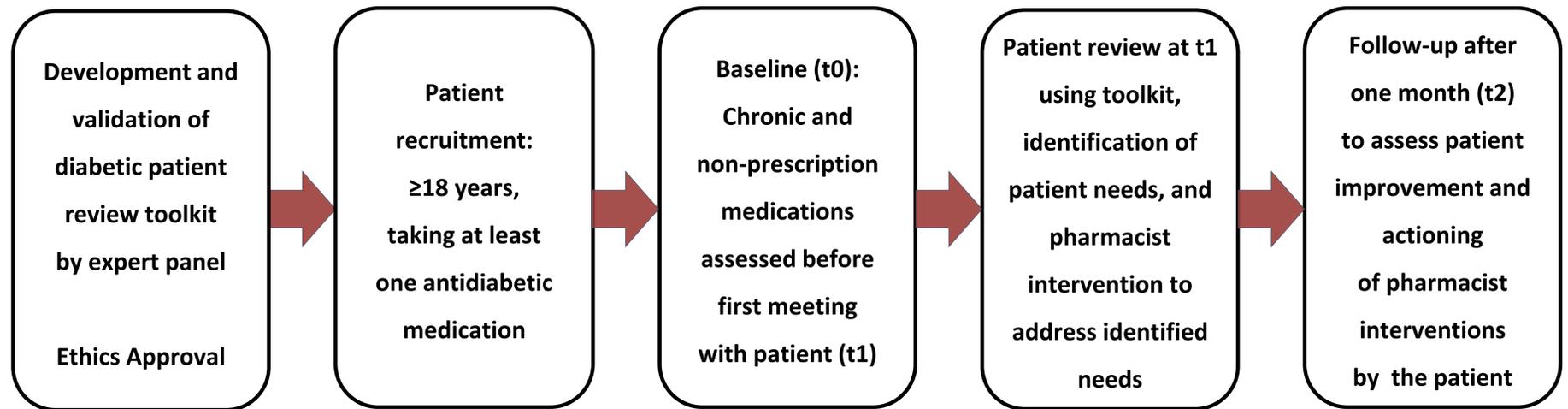
## INTRODUCTION

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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