

# Assessing the Impact of a Pharmacist-led Diabetes Prevention Program at a Clinic for Uninsured, Medically Underserved Patients

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## BACKGROUND:

- Approximately 700,000 people in MO have diabetes. An estimated 152,000 have diabetes unknowingly.
- Two of every three adult Missourians are overweight which increases their risk for developing diabetes.
- Taney County 2017 Community Health Assessment noted diabetes and chronic kidney disease in the top 10 leading causes of death. The Community Health Improvement Plan identified **obesity** as a top 3 targeted risk factor in 2019.
- Objective of project was to proactively impact patients' health by screening for prediabetes, monitoring BMI, and educating about lifestyle changes to **prevent diabetes**.
- Faith Community Health is an affordable care clinic for approximately 1200 **uninsured** patients in a 2-county area in southwest Missouri.

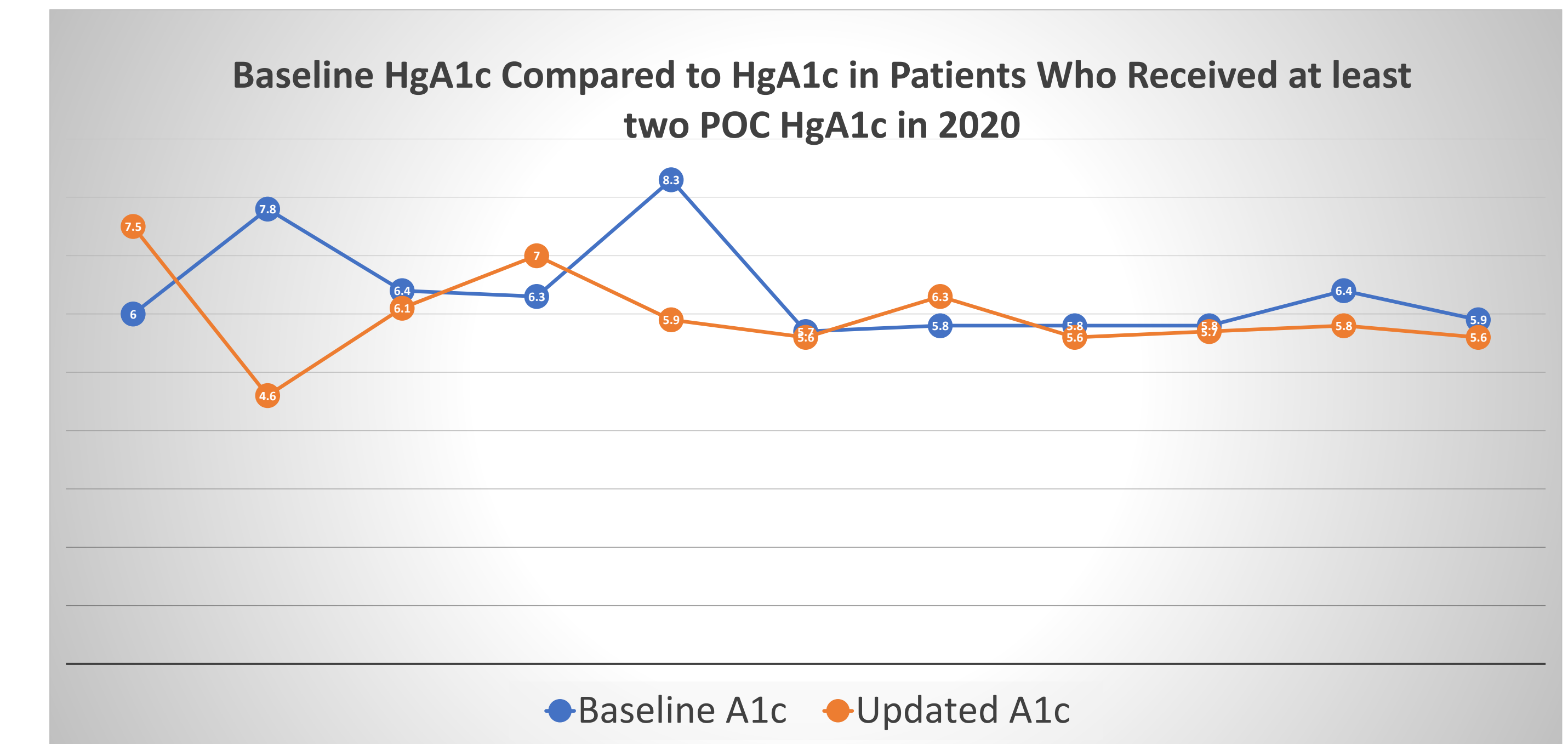
## METHODS

- A pharmacist-led, single-center project using student interns
- Adult patients screened using survey based on CDC's diabetes risk assessment tool
- Home weight scale offered to track weight
- Pre-education surveys were delivered to test participants' baseline knowledge and a post-survey was used to assess improvement.
- Participants educated by pharmacists and student interns on diabetes, nutrition, exercise, and lifestyle changes.
- BMI changes tracked manually and in patient's electronic health record.
- POC HgA1c performed on-site if indicated utilizing a DCA Analyzer® device or Bayer A1C Now®. Values were manually recorded in a secure database and in patient's electronic health record.

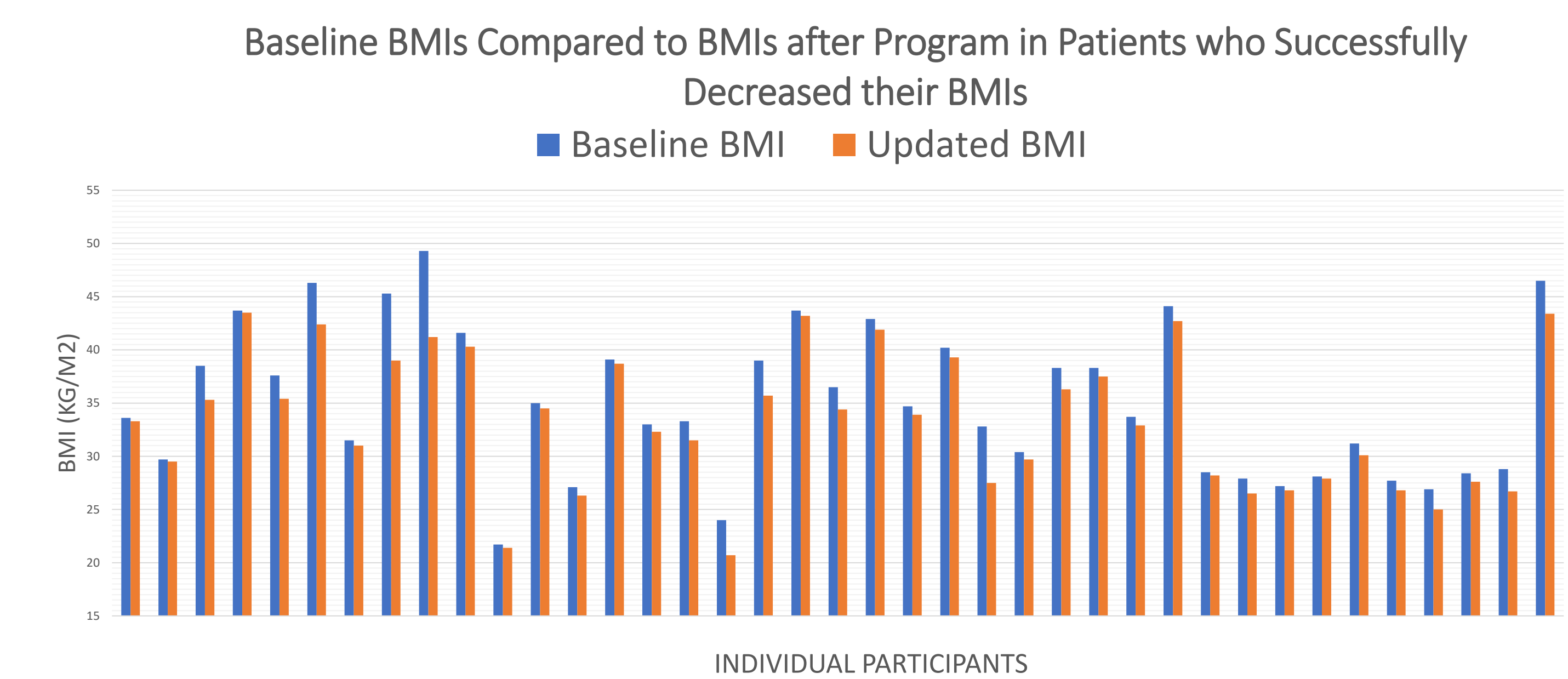
PATIENTS SCREENED	
NUMBER OF PATIENTS SCREENED	112 (33 M; 79 F)
AVERAGE AGE OF PATIENT SCREENED	48.5 years
NUMBER OF PATIENTS 'AT RISK'	72 (21 M, 51 F)
AVERAGE AGE OF PATIENT 'AT RISK'	49 years
AVERAGE BASELINE A1c	6.11
AVERAGE BASELINE BMI	33.8 kg/m2

# A pharmacist-led diabetes education program successfully helped medically underserved patients decrease BMI and HgA1c

## RESULTS



- Average A1c decrease was -1.7%



- 61.9% of patients who had at least two BMIs recorded for 2020 successfully decreased their BMI. Average decrease in BMI was -1.69 kg/m2

## Limitations and Conclusions

- Small study of medically underserved patients in SW Missouri shows it is possible to make an impact and prevent progression to diabetes by educating and implementing dietary and lifestyle changes
- COVID-19 pandemic created new challenges
- A more proactive approach in prediabetes screening was developed
- A new partnership with local food pantry and with MU extension was developed to identify patients that can benefit from clinic care and provide further nutrition education

## References

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