Identifying Risk For Type 2 Diabetes Through Spanish Community Pharmacies: A New Pharmacist Service.

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Background People with undiagnosed type 2 diabetes are at a high risk of heart disease, dyslipidemia, hypertension and obesity compared to the non-diabetic population. Early detection and immediate treatment therefore reduce the severity of the disease, as well as the likelihood of future complications and hospital admissions. Community pharmacy has been advocated as a potential resource for opportunistic screening and lifestyle interventions.

Purpose To detect people visiting community pharmacies who have a high to very high risk of developing diabetes. To study the relationship between the risk indicated by test scores and the risk factors. To refer to a doctor any individuals with a high or very high risk and elevated basal glucose levels.

Method An observational, cross-sectional study carried out on November 7-13, 2016 in community pharmacies. Inclusion: Users ≤40 years, not diagnosed with diabetes, with the capacity to consent, who agreed to complete the questionnaire. Primary endpoint: FINDRISK test score, expressed as mean ±SD, and qualitatively by risk category: Low: <8 points; slightly elevated: 8-11 points; moderate: 12-14 points; high: 15-20 points; very high: >20 points. Consensual referral protocol for patients with 15 or more points on the FINDRISK questionnaire and basal glucose >110 mg/dL. The relative frequencies of each of the other categorical variables in the questionnaire were calculated for the full sample, for men and women, and for age. Mean ±SD was also calculated for the quantitative variables: body mass index, waist circumference, capillary blood glucose.

Findings 174 pharmacists took part across Spain. The average number of questionnaires per pharmacy was 16.1 (SD = 7.2). 2802 users were included. Age: <45 years 406 (14.49%); 45-55 years 714 (25.48%); 55-64 years 752 (26.84%); >64 years 930 (33.10%). 2079 (74.20%) were overweight/obese: 70.81% of the women and 81.43% of the men (p < 0.0001). 84.12% of the women and 80.54% of the men had a waist circumference above normal values (p < 0.001). 64.77% of the men and 59.49% of the women said they exercise (p < 0.01). The number of users with a high or very high risk (F > 15) was 745 (26.56%). Of these, 309 were referred to a doctor, which represents 41.48% of those with a high or very high risk, and 11.03% of the total number of people surveyed. 436 random blood glucose tests (110.8 ± 29.1, from 50 to 299) and 858 basal blood glucose tests (89.2 ± 12.3) were carried out.

Conclusion Given that a high number of users were surveyed within a short time period and a high percentage of high-risk patients was detected, we can conclude that pharmacies are an effective location for professional screening.