

Community Pharmacy Intervention in Health Promotion: Glycemia Assessment in an Open Screening for the Population

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Background Show the importance of the Community Pharmacy in healthcare for diabetics, by making available a multidisciplinary team of health professionals and by conducting screenings to the general population.

Purpose Screening objectives are: ? Identify possible users at risk of illness ? To better characterize the diabetic population of patients in the pharmacy ? Clarify diabetic patients and users in general about the disease

Method A campaign is carried out in nine pharmacies to assess blood glucose, for the celebration of International Diabetes Day, open to the general population. A questionnaire is applied and blood glucose is measured. There is personalized advice and referral to pharmacy services or referral to the physician of users in need.

Findings 720 users participated in the screening, with an average age of 52 years. 60.69% (n = 437) female users and 39.31% (n = 283) male users. 87.2% (n = 628) of blood glucose measurements were postprandial. 85% (n = 612) of the participants report having a diagnosis of diabetes, and of these, 47.4% (n = 100) are medicated. Of the participants diagnosed with diabetes, 63.2% (n = 72) are followed up in General and Family Medicine appointments, 24.6% (n = 28) in Specialty appointments and 12.3% (n = 14) refer not having medical follow-up.

Conclusion Subsequent studies should infer about the large percentage of patients screened with a diagnosis of diabetes, and the small percentage of those followed in a Specialist appointment. The percentage of diabetics screened without medical follow-up shows the long way in helping diabetics. The pharmacy, easily accessible by patients, can take an active role in encouraging the prevention of diabetes and its complications, by conducting blood glucose measurement screenings, by providing pharmaceutical care services, management of therapy and by clarifying diabetics and their caregivers about the disease.