



PHARMACEUTICAL CARE NETWORK EUROPE

Working Conference 2013 – Abstract

Collaborative pharmaceutical care in research and practice

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The above mentioned participant in the PCNE WC 2013 wishes to submit following abstract for a poster or oral communication. If accepted and presented, the abstract will be published in the International Journal of Clinical Pharmacy. Please make sure the abstract is no longer than 350 words, excl. author-details.

Title	Preventive care services in community pharmacies for improvement of cardiovascular risk factors – Evaluation by participants
Author(s)	Silvia M. Grote, Frank Dörje, Helmut Schlager, Geoffrey Lee, Werner O. Richter
Type of abstract	X Research Practice development Practice implementation
Aim of project/study	To evaluate preventive care services of community pharmacies
Method	Thirteen community pharmacies in the northeast of Bavaria, Germany, conducted a screening of cardiovascular risk factors in adults. People at risk were offered the possibility to participate in a preventive care program which included individual counseling by a pharmacist. The topics covered diet, exercise, weight reduction, smoking cessation and advice to consult a physician if necessary. After one year of follow-up change of risk factors was measured. All participants of the final assessment received a postal questionnaire to evaluate the care service. The questionnaire contained questions about the health status and the provided services.
Result(s)	A total of 1906 persons underwent baseline assessment. Modifiable cardiovascular risk factors were detected in 1636 subjects. In 944 cases lifestyle interventions were considered sufficient to optimize cardiovascular risk. 254 participants asked their pharmacy for individual counseling. The return rate of questionnaires was 25.7% (268 of 1043 participants of the final assessment). Most of them wanted to identify their risk factors, to stay or to become healthy and to prevent myocardial infarction actively. 89.9% (n=241) now feel better prepared to take care of their health in future. 88.4% (n=237) would appreciate further individual counseling by a pharmacist. Overall satisfaction with the preventive care services of the community pharmacies was documented by 162 persons. 96.9% (n=157) were satisfied, 3.1% (n=5) were partially or not satisfied. Our results show that preventive care services are well accepted by a substantial part of the population. Participants of a prevention program including risk factor assessment and individual counseling were satisfied with these services. Preventive care is not yet established in German community pharmacies but our findings lead to the conclusion that implementation would be beneficial to health care.

+++ NB: PhD students still pay the early bird fee for their abstract if their abstract is accepted ++++
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