The Role of Pharmacy in Self Care
Paul Sinclair, President Community Pharmacy Section FIP
Learning Objectives

i. Understanding the role of FIP
ii. Pharmacy: Gateway to Care Statement
iii. Technology and how it facilitates self care
iv. The Australian and overseas Self Care experience
v. Looking forward – a bigger role for pharmacists
What is FIP?

• FIP stands for the International Pharmaceutical Federation and it is the global federation of national associations representing 3 million pharmacists and pharmaceutical scientists around the world

• FIP has 139 member organisations in over 100 countries and territories

• FIP mission is to “improve global health by advancing pharmacy practice and science to enable better discovery, development, access to and safe use of appropriate, cost-effective, quality medicines worldwide.”

• It was founded in 1912 in the Netherlands
FIP and “Pharmacy: Gateway to Care”

FIP STATEMENT OF POLICY
Pharmacy: Gateway to Care

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Introduction

Self care as part of the health care system

Although self care varies across cultures and reflects individual and community beliefs, confidence and experiences, it may be broadly defined as the ability of individuals, families and communities to promote health, prevent disease, and maintain health, as well as to cope with illness and disability with or without the support of a health care provider. Fundamentally the concept of self care puts responsibility on individuals for their own health and well-being. Definitions of
The amount of sleep we need depends on our age, lifestyle, diet, personality and circumstances. Most adults need 7–9 hours of sleep per night, teenagers need about 9.5 hours of sleep per night and infants need about 16 hours of sleep per day.

Sleep problems affect quality of sleep, amount of sleep or sleep behaviour. They include:

- Insomnia – insomnia is difficulty falling asleep or staying asleep, and/or not feeling refreshed by sleep. It is very common and may be a symptom of another condition
- Obstructive sleep apnoea – a condition causing a person to stop breathing for short periods while sleeping
- Restless legs syndrome – a condition causing an urge to move the legs when lying down
- Sleep behaviour disorders such as night terrors, sleep walking

Signs of a sleep problem include:

- Finding it hard to go to sleep
- Restless sleep
- Waking up during the night, or very early in the morning, and not being able to get back to sleep
- Not feeling refreshed from sleep
- Feeling tired, irritable, anxious or depressed
- Finding it difficult to concentrate, remember things and make decisions.
Pharmacists’ Role in Patient Self Care
Community Pharmacy

5,700
Australian Community Pharmacies

Pharmacists are the most accessible

Support Self-Care

14 times a year*

Community Pharmacists are the most accessible of all HCPs.

Average Australian visits pharmacies 14 times a year, that’s a total of over 300 million visits* a year.

Pharmacists have clinical knowledge & training to be able to assess a patient’s condition or health needs to determine if self-care is appropriate or if a referral is required.

The Pharmacy Guild of Australia (2013) Vital facts on community pharmacy
myPharmacyLink closes the gap between patient and pharmacy. The app allows patients to view & manage both their medications and services received in pharmacy.
GuildCare NG

• Australia’s only comprehensive software solution for professional services.
• Approximately 60% market coverage with 3,000 pharmacy subscribers across Australia’s network of community pharmacies.
• Cloud-based platform
• Integrated with all pharmacy dispensing software
• Prompts at the point of dispense to alert pharmacists to new program opportunities
• Program enrolment can occur via ‘invite’ (software identifies eligible patients) or ‘ad-hoc’ (pharmacist initiated)
• Integrated messaging and communication
Changing Role of Pharmacy

Pharmacists are More Accessible
Pharmacists at front of store.

Focus on Patient-centric Care
Pharmacists are investing more time on patient care services.

Expanding Patient Services
Vaccinations
Smoking cessation
Minor ailments
Wound care
Medication reviews & Adherence counselling
Pharmacy Services

More services are being delivered by pharmacists through community pharmacies each year.

![Bar chart showing services provided by pharmacists from 2014 to 2017.](chart)

- **2014**: 50,000 services
- **2015**: 100,000 services
- **2016**: 150,000 services
- **2017**: 200,000 services

*Data for up to end of Aug 2017*
Pharmacists are in an ideal position to help patients with management of medications and improving adherence.

Referral Letter

66 Spring Creek Road TONIMEDUK VIC 3915
Dear Dr. Ryan Hunter
Re: MedsCheck review for patient:
Flynn Tilday (DOB) 05/08/1951
17 Rannworth Road
CANNING VALE
WA
6155

I am writing to you about Flynn Tilday; I am referring Flynn as a result of conducting a MedsCheck interview on the 10/02 and reviewing his complex medicine regime and is taking live or more medications.

All changes made were discussed and reviewed. Please attach the draft Action Plan for your consideration. It contains and relevant comments are as follows.

If you require more information please contact me here at the pharmacy.

Signed,
Geoff Carrell
ph:001342333 NSW
11/02/2017
Blood Pressure Management

Pharmacies are conveniently positioned to provide point-of-care services such as blood pressure monitoring, which can significantly contribute to adequate disease state management.
Vaccinations

Trained pharmacists in all States of Australia can now administer approved vaccines.

- Influenza
- MMR
- dTpa
- Next: Travel Vaccines?
NSW Pharmacy Health Check Program

Program Aim:
To increase cardiovascular disease and type-2 diabetes risk detection and awareness in the pharmacy setting.

Program Partners:
Funded by the NSW Ministry of Health, co-delivered by the Pharmacy Guild of Australia (NSW Branch) and the National Stroke Foundation (NSF)

Outcomes:
• Target number of pharmacies participating in the program was achieved (n=750)
• Of the health checks conducted, 28% were conducted in pharmacies in the most disadvantaged area (reference to lowest SEIFA quintiles)
• 26% of consumers were identified as at high risk of developing either CVD or T2D (excluding repeat checks):
  • 12% identified with high blood pressure (BP≥160/100)
  • 46% identified with high AUSDRISK (score ≥12)

Reference:
NSW Health. Factsheet: NSW Pharmacy Health Check Program
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Results at a glance

The program reached consumers living in areas likely to have higher rates of high BP and diabetes:

- 28% of health checks were conducted in pharmacies in the most disadvantaged areas (the two lowest SEIFA quintiles)
- 40% of checks occurred in pharmacies in outer regional areas
- 17% of checks occurred in pharmacies in outer regional areas

Overall, 26% of consumers were identified as at excluded. Of these participants:

- 12% were identified with high blood pressure (BP >160/100)
- 45% were identified with high risk AUSDRISK (score >12)

Further Information

## Irish Influenza Vaccinations 2011-2017

<table>
<thead>
<tr>
<th>Season</th>
<th>No of Pharmacy Vaccinations</th>
<th>% Increase on Previous Season</th>
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<tbody>
<tr>
<td>2011/12</td>
<td>9,125</td>
<td></td>
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<tr>
<td>2012/13</td>
<td>18,358</td>
<td>101%</td>
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<tr>
<td>2013/14</td>
<td>40,991</td>
<td>123%</td>
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<td>2014/15</td>
<td>51,227</td>
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<tr>
<td>2015/16</td>
<td>62,514</td>
<td>24%</td>
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<tr>
<td>2016/17</td>
<td>78,935</td>
<td>26%</td>
</tr>
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New Scottish Initiatives

- Scottish Government announces new 9 point plan which aims to transform pharmacy.
- “help the public and professions alike realise the true value of pharmacies”
- Ensure minor ailment and chronic medication programs are delivered to their full potential
The Changing Patient Paradigm
The Role of Pharmacy in Self Care

Primary Health Care Services

- Health Promotion
- Osteoporosis Health promotion (incl. flyers & in-store displays)
- Hypertension Management Service (incl. blood pressure testing & advice)
- Diabetes Management Service (incl. counseling, BGL monitoring, goals)
- Depression Screening Service (incl. questionnaire)
- COPD Screening Service (incl. questionnaire)
- Screening and/or Risk Assessment Service
- Disease State Management Service
- Diabetes Risk Assessment Service
- Blood Cholesterol Screening Service (incl. POCT)
Discover More – Ask Your Pharmacist
Thank you – Merci – Gracias – Grazie – Danke