

Outcomes of a pharmacist intervention on diabetic patients



Problem

How can pharmacists play a greater role with diabetic patients?

Diabetes is a chronic disease that is increasingly prevalent in France and accounts for nearly 10% of health spending. The many complications associated with diabetes contribute substantially to this spending and occur when diabetes is insufficiently controlled. The current therapeutic objective of the treatment is measured by HbA1c levels, which should be <7% as defined by NHANES. In France, 41% of patients have HbA1c levels above 7%, and 15% above 8%. In parallel, many studies highlight adherence as an important success factor on HbA1c control.

In this context, pharmacists are essential actors in patient care, and, due to their expertise, wide presence, and accessibility, they could play a greater role in ensuring medical outcomes.



Solution

Impactful "diabetes" interviews

The IPhODia study aimed to assess the impact of specific relevant, disease-related information, provided by community pharmacists on patient behavior. The study protocol was written based on Observia's behavioral science expertise. **Three, 30-min thematic briefings were developed by Observia** and pharmacists were trained on how to deliver impactful patient interviews. IPhODia is a 12-month, prospective, multicentre, non-interventional study. Pharmacists were randomly divided into 2 groups. In Group A, pharmacists provided monthly dispensations and the carried out interviews. Group B was the control group.

Study endpoints: Medication Possession Ratio (MPR) at 6 months, HbA1c levels at 6 & 12 months, adherence (TOP questionnaire) at 6 months, patient knowledge acquisition (specific questionnaires), and Group A's patient satisfaction.

Information delivered during the pharmacist interventions consisted of the following topics:

- Nutrition for diabetic patients
- Management of treatment
- Diabetes complications

*The pharmacist is an undeniable, trusted player in supporting chronic patients. **The results of this study, properly conducted by Observia, reinforce the importance of this role and confirm its positive impact on patient behavior, and patient adherence to healthcare professional recommendations and their medical pathway.***

Dr Yves Michiels
Pharmacist

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Method

182

Pharmacies participated to the study

528

Patients have been enrolled in the study

377

Patients have been following the 12-month study

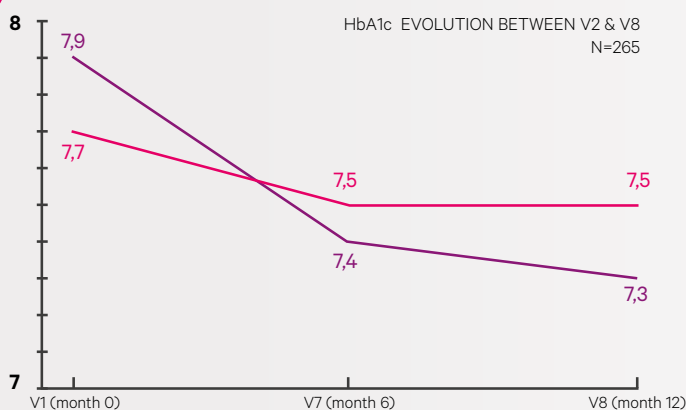
65.7

Average age of patients

10.45

Average duration of patients' time with diabetes (in years)

Results



The main highlight of this study is the decrease of HbA1c, which levels were significantly higher in Group A ($p > 0.0001$) than the control group. These results demonstrate that the interventions had a positive impact after 6 months, and the results after 12 months suggest that the impact was sustainable. As explained by Pr. Grimaldi during the Iphodia Press Conference, a 0.3 point decrease in HbA1c levels implies a 10% decrease in medical complications.

In addition to these findings, the following results were also observed in Group A :

KNOWLEDGE ACQUISITION :

99%

of patients have a better understanding of their treatment, and test results are higher (8.9 correct answers/ 10 vs 8.2 in Group B)

BEHAVIOR CHANGE :

70%

declare they have changed their nutritional habits and behavior.

SATISFACTION :

99%

of patients judge the interventions as "useful" or "very useful."

ADHERENCE TO HEALTHCARE PROFESSIONAL RECOMMENDATIONS : significant, positive evolution of multidimensional TOP questionnaire results

This study shows that pharmacists can play a **positive role** in patient adherence in type 2 diabetes and on patient behavior as a whole. Three thematic briefings (nutrition, treatment management, and complications) delivered in a period of 6 months have a positive impact on HbA1c level. **Pharmacists, key actors in the patient pathway, should be empowered to support patients for improved medical outcomes.**



16, rue Brancion 75015 Paris - France

T : +33 (0)1 81 80 24 50 - F : +33 (0)1 76 50 88 32

www.observia-group.com

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