

Pharmacist led, primary care based disease management reduced reduced risk factors and improved glycaemic control in diabetes

Abstract of: Rothman RL, Malone R, Bryant B, *et al.* A randomized trial of a primary care-based disease management program to improve cardiovascular risk factors and glycosylated hemoglobin levels in patients with diabetes. *Am J Med* 2005;**118**:276–84.

INTERVENTION DETAILS

Pharmacist led, primary care-based disease management programme

Three clinical pharmacists who worked within general medicine practice and had training in outpatient disease management delivered the intervention. Two of these pharmacists were certified diabetes educators.

The intervention consisted of

- intensive education and counselling; and
- medication management: evidence-based treatment algorithms were used to reduce cardiovascular risk factors and improve glycaemic control. These algorithms pertained to the use of medication to lower blood pressure, cholesterol, and glucose and are available on the web (www.med.unc.edu/medicine/edursrc/algor.htm).

All medication adjustments were done with the approval of the patient's primary care provider.

The intervention group also had access to a diabetes care coordinator who was trained by the clinical pharmacists to address issues of health behaviour and health education. The coordinator telephoned patients to remind them of appointments and to assess whether further interventions were needed. Barriers to care (eg, transportation difficulties, communication issues, insurance problems, and low health literacy) were also addressed by the coordinator.