

Appendix 5.1

Community Pharmacist Information Sheet

Dear Pharmacist:

The Cardiovascular Health Awareness Program (CHAP) is being implemented in name of community.

CHAP is an innovative program designed to promote cardiovascular health awareness to prevent illness and death associated with cardiovascular disease and stroke. It connects community-based health promotion and prevention activities for older adults with the care provided by their family physicians and pharmacists, and involves public health representatives, volunteers, and community organizations.

CHAP aims to bring together all individuals and organizations within the community to work as partners to promote and actively participate in the prevention of cardiovascular disease and stroke.

CHAP is made available, free of charge, to all older adults in the community and offers opportunities for multiple blood pressure readings and the promotion of healthy eating, physical activity and smoking cessation, all modifiable risk factors for cardiovascular disease and stroke.

What is the role of your pharmacy and pharmacists?

Pharmacy staff collaborates with CHAP staff and Volunteer Peer Health Educators to organize the CHAP sessions in your pharmacy. Volunteer Peer Health Educators will be assigned to your pharmacy and will be responsible for running the sessions.

Participants, who have any questions or concerns about their blood pressure readings, or heart and stroke risk profile, will be encouraged to consult with their family physician and regular pharmacist. With the participant's permission, blood pressure readings and heart and stroke risk profiles obtained at the session will be forwarded to his/her family physician and/or regular pharmacist.

Session pharmacists will be available to consult with participants under the following circumstances:

- The participant has immediate concerns about his/her blood pressure readings or risk profile, and he/she does not have a regular pharmacist (or the regular pharmacist is not available);
- The participant is a regular client of the pharmacy;
- The participant experiences a high blood pressure reading ($\geq 180/120$) at the session, or who experience a low reading ($< 90/60$) and are feeling unwell. In this case, a volunteer peer health educator will notify the clinical pharmacist on duty and the on-call community health nurse of the participant's condition and the community health nurse will telephone the participant's family physician that day to ensure the patient is followed-up. The participant's CHAP Risk Profile Recording Form will also be faxed to their family physician's office that day;
- The participant experiences an abnormally high blood pressure reading ($\geq 210/120$) at the session. In this case, a volunteer peer health educator will notify the clinical pharmacist on duty and the on-call community health nurse of the participant's condition and the community health nurse will telephone the participant's family physician IMMEDIATELY for an urgent appointment. If the Family Physician is not available, the nurse will send the participant to the Emergency Department of the nearest hospital. The participant's CHAP Risk Profile Recording Form will also be faxed to their family

physician's office that day;

- The participant is experiencing distress, regardless of their blood pressure reading; and
- If the pharmacy is providing the MedsCheck service, CHAP participants taking three or more prescription medications can be referred to the session pharmacist by the volunteer peer health educator to set up an appointment to receive this service.

All regular and session pharmacists will be asked to document any care or services that they provide (see attached CHAP Pharmacist Assessment Form). This includes assessments for simple drug-related problems, education, monitoring and follow-up. Simple drug-related problems are identified as those related to non-compliance with blood pressure medications, drug-induced hyper- or hypotension (especially Over the Counter products that a patient may not have told his/her physician about) and drug interactions. If necessary, and with the participant's permission, the pharmacist will contact the participant's family physician to discuss the results of the assessment.

How much time will participation in CHAP take?

A pharmacy staff member will need to spend about 30 minutes working with CHAP staff and Volunteer Peer Health Educators to arrange the session dates, times and set-up.

In a pilot study, an average of seven minutes per participant was required to assess for simple drug-related problems and to complete documentation, in the event that the pharmacist was consulted. An average of two minutes per participant was required to conduct follow-up.

Why is it important for you to get involved?

- Pharmacies offer a familiar and convenient location in addition to physicians' offices for monitoring blood pressure.
- The involvement of pharmacists ensures that participants with high or low blood pressure readings have an assessment for simple drug-related problems related to their blood pressure reading.
- Pharmacists may be able to intervene to assist with normalizing blood pressure (for example, assisting with medication compliance, avoiding drug interactions or minimizing drug-induced hypertension) and provide family physicians with an additional assessment to assist them in their decision-making process regarding antihypertensive drug therapy.

What tangible benefits are there to you and your practice?

CHAP provides a structure for you to identify and resolve simple drug-related problems in your hypertensive clients, it improve your collaboration with local family physicians and other primary care providers and builds clinical relationships with your community.

Thank you for taking the time to read this information sheet. If you have questions, please contact name, Local CHAP Coordinator, at XXX-XXXX.
www.chaprogram.ca.