


CHAP
Cardiovascular Health Awareness Program
Programme de sensibilisation à la santé cardiovasculaire

The Role of the Pharmacist

Presented By:




Appendix 5.4 CHAP Pharmacist Role Date 1

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Why CHAP?

- What community program could be put in place to ensure improved detection, treatment & control of hypertension and improved cardiovascular health?
- Program must be cost-efficient, quick & easy to implement in any community


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What is CHAP?

- CHAP is a community-based program that brings together local family physicians, pharmacists, volunteers, public health representatives & other organizations to promote and participate in the prevention and control of cardiovascular disease
- **Volunteer peer health educators** help older adults measure their blood pressure; provide educational material about cardiovascular disease risk factors & referral to local resources
- Results provided to physician/pharmacist
 - via paper or fax-to-database system
 - In patient-specific results
 - In aggregate form ranked by systolic BP
- Participant data is sent to **family physicians** and the patient's regular **pharmacist** for appropriate care and follow-up with consent


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CHAP Invitation Strategies

- Options available to family physicians for inviting patients to participate in CHAP:
 - Option #1:**
 - Invitation letters prepared by program staff & signed by physician
 - Schedule of CHAP sessions included with letters
 - This is the recommended option
 - Option #2**
 - Community Wide Advertising of CHAP sessions
 - Advertised in newspapers, and posted in physicians' offices & public buildings

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Selected CHAP Features

- Community-based Sessions
 - Most common place are pharmacies
 - Familiar settings can overcome barriers to effective monitoring of high BP
 - Seniors average 24 prescriptions/yr – two trips per month to a local pharmacy
 - Presence of pharmacist highly valued
- Risk Profile Recording Form
 - Patient data given to patient, family physician & preferred pharmacist for follow-up
 - Communication loop and follow up
- Local CHAP Coordinator
- Community Health Nurse available on-call

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CHAP Pharmacy/Pharmacist Intervention

- All pharmacies in a community are invited to participate
- Volunteer Peer Health Educator will schedule a MedsCheck appointment with eligible participants if service is available
- CHAP Session pharmacist conducts medication assessment for participants with uncontrolled blood pressure and communicates results of assessment to family physician
 - BP > 180 mmHg: ideally see same day
 - BP 160-180 mmHg: ideally see within 3 days
 - Other patients: see as needed


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Role of Pharmacist

- Communicate and collaborate with local CHAP coordinators on process of CHAP Sessions
- Communicate with selected participants to assess for simple drug-related problems preventing control of hypertension
- Use a standardized documentation form to document and communicate recommendations and follow up to family physicians and research staff
- Conduct a MedsCheck assessment

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Pharmacist Knowledge & Skills

- Knowledge of current Canadian Guidelines for management of hypertension
- Able to conduct a medication history to identify simple drug-related problems
- Able to assess medication compliance and suggest solutions to improve compliance
- Knowledge of medications that can elevate blood pressure or interact with blood pressure medications
- Able to provide individualized patient counseling regarding blood pressure medications

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CHAP Pharmacist Assessment Form

Appendix 1.1
CHAP Pharmacist Assessment Form

Demographics

Summary of assessment


Actions taken

Follow up

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Analysis of CHAP Pharmacist Assessments

- 206 Participants, CHAP 2006 Data
- Drug-related problems identified - mean time taken for pharmacist assessment: 5.11 minutes/participant (SD, 3.6)
 - Ten participants noncompliant
 - One drug interactions
 - Nineteen participants with drug-induced hypertension
- Actions - mean time taken: 4.07 minutes (SD, 3.3)
 - Pharmacist provided education (94)
 - Pharmacist called family physician (22)
 - Pharmacist mailed documentation form copy to family physician (80)
- Follow-up (28) - mean www.CHAPprogram.ca (SD, 3.2)

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Analysis of CHAP Pharmacist Assessments

- CHAP support provided to pharmacists:
 - Community Pharmacist Information Sheet
 - Pharmacist Letter of Understanding
 - CHAP Pharmacist Assessment Form
 - Regular communication with the local CHAP coordinator
- Resources
 - Canadian Hypertension Education Program: Recommendations for the management of hypertension
 - Pharmalearn


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Benefits to Pharmacist & Pharmacy

- Enhances collaboration between pharmacist and physicians
- Ensures participants have an assessment for drug-related problems at the time of their BP measurement
- Pharmacists proactively participate in management decisions to help normalize blood pressure
- Collaborative, interdisciplinary management is consistent with Ontario's goal to improve management of chronic diseases

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Thank you!

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