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# CHAP


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

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## 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](http://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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## Contact Information

- Lisa Dolovich BScPhm PharmD MSc  
McMaster University  
Email: [ldolovic@mcmaster.ca](mailto:ldolovic@mcmaster.ca)
- Local CHAP Coordinator  
XXX-XXXX

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- Lisa Dolovich BScPhm PharmD MSc  
McMaster University  
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## Thank you!

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