**Heart Health - Educational and Preventive Health Event**

**Participant Guide**

**Introduction**

Pharmacists are well-positioned to provide education and preventive health initiatives for the benefit of patients and the public.

This guide describes a Heart Health service that has been successfully prototyped by pharmacy students and pharmacists at the UBC Pharmacists Clinic. The clinical and procedural materials have been modified to enable any pharmacist to provide a similar service using equipment and materials routinely available in a community pharmacy.

The service includes the following components:

* Blood pressure measurement
* Body Mass Index (BMI – height & weight) and waist measurement
* Calculation of heart disease risk (Framingham score using BMI)
* 1:1 counseling & interpretation of results
* Recommendations to optimize heart health

To ensure accountability and compliance with regulatory requirements, all health care services should be provided by licensed pharmacists, pharmacy students supervised by a licensed pharmacist or other regulated health care professionals.

NOTE - This guide does not cover logistic and business aspects of organizing a health event such as: advertising, where to hold the event, identifying participants, booking appointments, charging fees, liability issues, offering service to local businesses, etc.

**About the Pharmacists Clinic**

The Pharmacists Clinic, located at the UBC Faculty of Pharmaceutical Sciences, is a university-affiliated, licensed, pharmacist-led patient care clinic with a mandate to:

* Be a model of patient care best-practices
* Provide learning and skill development opportunities for health professionals and students
* Be a living lab that contributes service models, systems, processes, research and program evaluation for the health care community.

More information about the Clinic is available here: <https://pharmsci.ubc.ca/pharmacists-clinic>

**Service Approach**

Participants are typically scheduled at 15 minute intervals with the total appointment time being about 20 minutes, although this may vary.

Two options for service delivery are:

* Participants move from station to station and receive part of the service at each station
* Participants receive all services from one person
* If enough pharmacists/students are available, 2 or 3 participants can receive service at the same time in parallel service streams.

Participants receive a Heart Health Passport where information about their health is recorded and they will take home. NOTE – the pharmacy needs to also keep a record of service provided. This can be done using an excel spreadsheet, taking a copy of the completed passport or using an electronic record.

The order of service is at *your* discretion, however, experience has shown that the following step-wise approach provides a logical flow.

|  |  |  |
| --- | --- | --- |
| **Station\* (if used)** | **Step in Passport** | **Service Description**  |
| A |  | Register participant in pharmacy record and give passport |
|  | 1 | Complete the “About Me” section |
| B |  | Measure height, weight and BMI |
|  | 2 | Complete the “My Body Mass” section |
|  |  | Measure waist |
|  | 3 | Complete the “My Shape“ section |
| C |  | Measure blood pressure |
|  | 4 | Complete the “My Blood Pressure” section |
|  | 6 | Complete the “My Risk Factors” section |
|  | 5 | Complete the “My Current Medications” section  |
| D |  | Calculate Framingham Risk Score using BMI information |
|  | 7 | Complete “My Framingham Risk Score” section |
|  | 8 | Interpret results and establish “My Plan” with the patient |
|  | 9 | Pharmacist signs the passport  |
|  |  | Copy of information in the passport is retained at the pharmacy and patient takes the passport. |

\*If service offered in stations, Station A can be manned by an administrative person. Stations B and C can be manned by pharmacy students with pharmacist supervision. Station D is for the licensed pharmacist.

**Materials**

In addition to this Guide, materials provided for use at a Heart Health event are:

* Heart Health Passport
* Images (to print or load onto an iPad and have available at Station C)
* URL for Framingham Risk Score and BMI calculator
* Patient Resources (to have available at Stations C and D)
* Recommended list of supplies to have on-hand

**Preparatory Readings**

Clinical people (pharmacists/students) who will be providing service in the Heart Health event are encouraged to read the following materials so they are familiar with the elements of heart health being measured and discussed:

1 – Framingham Heart Study

<https://www.framinghamheartstudy.org/about-fhs/history.php>

2 – About the Framingham Risk calculator: [https://www.framinghamheartstudy.org/risk-functions/cardiovascular-disease/10-year-risk.php#](https://www.framinghamheartstudy.org/risk-functions/cardiovascular-disease/10-year-risk.php)

3 – Benefits of Pharmacist Care in Hypertension in Canada: <https://www.pharmacists.ca/cpha-ca/assets/File/cpha-on-the-issues/Benefits_of_Pharmacist_Care_in_Hypertension_EN.pdf>

4 - Body Mass Index (BMI): <http://en.wikipedia.org/wiki/Body_mass_index>

<https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm>

and

<https://www.diabetes.ca/diabetes-and-you/healthy-living-resources/weight-management/body-mass-index-bmi-calculator>

**Service Delivery - Step-by-Step**

**Station A**

*“Welcome to our Heart Health event. You will be receiving information about your current health status and habits that impact on the overall health of your heart. Information will be recorded in a passport for you to take with you. To start, we will record your name, year of birth, your gender and today’s date. Please proceed to the next station.”*

**Station B**

*“At this station, we will start by recording information about you including your height, weight and waist circumference. Do you have any questions before we start?”*

* **Measure height (in cm) and weight (in kg)**
* Obtain accurate measurements with the stadiometer
* Measure waist circumference. Recommended technique – start at the bellybutton and wrap around the patient’s waist to complete full circle. Try to ensure patient is not sucking in their stomach.
* **Calculate BMI**
* Introduction to the BMI calculation tool - simple formula BMI = kg/m2, thus, any calculator used to enter in values can be used
* Calculate and record BMI – can use Diabetes Canada version:

<https://www.diabetes.ca/diabetes-and-you/healthy-living-resources/weight-management/body-mass-index-bmi-calculator>

*“You are now ready to move on to Station C where we will be taking your blood pressure, ask you some additional questions and calculate your overall risk for diabetes.”*

**Station C**

*“At this station, we will measure your resting blood pressure, discuss heart attack and stroke risk factors and review any medications you are currently taking.”*

* **Blood pressure measurement**
	+ We use the Watch BP Office machine and supplies – any blood pressure meter is appropriate, so long as it is used consistently and with all patients. Review cuff size, arm to use and when to take multiple measurements
	+ Taking measurements using the BP machine
	+ Retrieve and record the results on the passport
* **Risk Factors**
* Identify and record known CV risk factors
* **Current Medication**
* Collect medication (Rx, OTC and NHP) information from the patient

*“You are now ready to move on to Station D where we will be taking your blood pressure, ask you some additional questions and calculate your overall risk for diabetes.”*

**Station D**

*“At this station, we will calculate your Framingham Risk Score, which is a validated tool to determine your 10-year risk of having a heart attack or stroke. We will go over any questions you have and talk about a plan to ensure ongoing heart health.”*

* **Calculate and interpret Framingham Risk Score**
* Introduction to Framingham Risk Score calculation tool
* Calculating and recording Framingham Risk Score
* Normally, we calculate the true Framingham Risk Score using lipid (LDL, and HDL values), but because we understand that not all pharmacies have access to lipid labs, we recommend a suitable alternative. The modified/estimated Framingham Risk Score can be calculated from the BMI Tool option without lipid values at the website listed at the URL below. Become familiar with the interpretation of the values such that you can fully understand and explain to your patients in layman terms.

<http://www.framinghamheartstudy.org/risk-functions/cardiovascular-disease/10-year-risk.php>

* **Key messages**
* Getting enough physical activity and making healthy food choices is important for heart health
* With the information you now have about your own heart health, what, if anything, do you want to do differently?
* **Final steps**
* Document the plan in the passport under “My Plan”
* If the participant has more questions, wants information on supplements or has questions for the pharmacist, suggest they follow-up at another time.
* If the participant has risk or issues that warrant a medical visit, ask them to follow-up with their family doctor or GP
	+ Moderate to high Framingham Risk Score with medication modifiable risk factors
	+ Documented cardiovascular condition that is not optimally controlled

*“Thank you for participating in this event. We hope you found it useful. Do you have any feedback that we can use to make this event better in the future?”*

* Make note of the feedback