



## **COMMUNITY FACT SHEET**

### **Fink's Pharmacy**

#### ***Essex, MD***

#### **Program Overview**

Patients with diabetes are referred to Fink's Pharmacy by physicians at two physician practices. Fink's Pharmacy offers a series of four affordable, evening and weekend classes on diabetes education and management. Height, weight, and blood pressure are measured before each class, and an updated medical history is recorded including the date of last eye exam, foot exam, and physician visit. During the class, each patient creates measurable goals, which are followed up at the subsequent class. Patients unable to attend class because of transportation challenges are rescheduled for an individual appointment on a different day. Three months after the class series is completed, patients are encouraged to attend a follow-up appointment. While the patients are enrolled in the diabetes classes, each patient meets one-on-one with a pharmacist. The number of visits varies per patient. If patients are enrolled in collaborative practice program and are initiated on insulin patients may be called as often as twice a week until blood sugar goals are achieved.

#### **Program Partners**

Fink's Pharmacy's mission is to improve each patient's quality of life. They provide in-depth diabetic classes and coaching, as well as an expanded line of diabetic supplies and shoes.

***Community Champions: Kristen Fink and Christine Lee-Wilson***

#### **Patient Profile**

The patients served through Project IMPACT: Diabetes are uninsured or under-insured blue-collar workers near Essex, MD. Because they are uninsured or under-insured, higher-cost diabetes management products are unattainable. Patients often lack energy after work to exercise and cook, often resulting in sedentary lifestyles and fast-food meals. Many patients do not drive and rely on public transportation. Patients are unaware of the nature of diabetes, as well as the steps and lifestyle changes necessary to manage it.

#### **Pharmacists' Role on the Collaborative Care Team**

Fink's pharmacists teach diabetes and care management to newly diagnosed diabetes patients and patients with uncontrolled diabetes. During these classes, the pharmacist motivates patients and encourages each patient to create measurable goals regarding their diabetes management. The goals are followed-up on by the pharmacist at the subsequent class. Once patients are enrolled in the class, an appointment is scheduled for the pharmacist to meet with each patient to discuss individual barriers. The pharmacists also provide individual appointments for patients unable to attend the class because of transportation reasons. Once the class series has concluded, the pharmacist meets with each patient for a follow-up appointment within three months of the last class. The pharmacist also follows-up with patients when they come into the pharmacy for diabetes medications and supplies, as well as through individual phone calls.

### **Relevant Statistics – Community Level**<sup>1,2</sup>

- ❑ 400,000 (8.9%) of Maryland adults were diagnosed with diabetes as of 2010
- ❑ In 2009, Diabetes resulted in the deaths of 1,198 people
- ❑ Diabetes is the sixth leading cause of death

### **Diabetes Epidemic at the National Level**

#### **Impact of Diabetes**<sup>3,4</sup>

- ❑ 25.8 million people, which is 8.3% of the U.S. population, are estimated to have diabetes
  - 18.8 million people have been diagnosed with diabetes
  - 7 million people are undiagnosed; in other words, are unaware they have diabetes
- ❑ 1.9 million people aged 20 years and older are newly diagnosed with diabetes each year
- ❑ The prevalence of diabetes in the United States increased by 128% from 1988 to 2008
- ❑ If present trends continue, 1 in 3 adults in America will have diabetes in 2050
- ❑ 79 million adults have prediabetes, which increases their risk of developing Type 2 diabetes later in life
- ❑ Diabetes is a major cause of heart disease and stroke
- ❑ Diabetes is the leading cause of kidney failure, nontraumatic lower-limb amputations, and new cases of blindness among adults in the United States
- ❑ Diabetes contributes to the death of 231,404 Americans each year

#### **Cost of Diabetes**<sup>4</sup>

- ❑ Total cost of diagnosed diabetes in the United States = \$245 billion per year
  - Direct medical costs = \$176 billion per year
  - Indirect costs (e.g., disability, reduced productivity) = \$69 billion per year
- ❑ Health care costs for a person with diabetes are 2.3 times higher than a person without diabetes
- ❑ 1 out of every 10 health care dollars is spent treating diabetes and its complications

#### **References**

1. Centers for Disease Control and Prevention. Diabetes Data & Trends: Maryland. Available at: <http://apps.nccd.cdc.gov/DDTSTRS/statePage.aspx?state=Maryland>. Accessed July 30, 2013.
2. Maryland Department of Health and Mental Hygiene. Chronic Disease in Maryland: Fact and Figures. Available at: <http://phpa.dhmh.maryland.gov/cdp/pdf/Chronic-Disease-Maryland-Facts-Figures-2011.pdf>. Accessed July 30, 2013.
3. Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.
4. American Diabetes Association. Fast Facts Data and Statistics About Diabetes. Available at: <http://professional.diabetes.org/admin/UserFiles/0%20-%20Sean/FastFacts%20March%202013.pdf>. Accessed June 12, 2013.