

# HEALTH AWARENESS AND OPPORTUNISTIC SCREENING PROVIDED BY A COMMUNITY PHARMACY: A CROSS-SECTIONAL STUDY

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## 1. BACKGROUND

Community pharmacies are valuable health care resources for health awareness and opportunistic screening initiatives [1-4].

## 2. OBJECTIVE

To describe a pharmacy-led community health awareness and screening initiative in Lisbon.

## 3. METHODS

- Cross-sectional descriptive analysis.
- Awareness & Screening Initiative targeted at residents of the local town council where the pharmacy and 5 primary care health units (PCU) are located:



- The initiative comprised:

Smoking status assessment      Blood glucose (BG) screening      Blood pressure (BP) measurement



- This was followed by appropriate intervention.
- Point-of-care tests were performed free of charge to patients using Fagerström<sup>®</sup> Test for Nicotine Dependence, blood glucose meter OneTouch Verio<sup>®</sup>, and automatic wrist blood pressure OMRON<sup>®</sup> RS1.
- Main outcome measures: smoking status (score), opportunistic blood glucose (mg/dL), and blood pressure (mm Hg).
- Continuous data were summarized using mean (SD) and median (IQR). Categorical data were presented using frequencies and percentages.
- We collected and analyzed patient anonymous secondary real-world data from 3 screenings (May, June, and September 2022) in Excel<sup>®</sup> for Microsoft<sup>®</sup> 365.

## 4. RESULTS

A total of 174 participants were screened and included (58% female, mean age 63 (SD 15)) Of these, 33 (19%) were smokers and 18 scored moderate nicotine dependence (4-6 points).

Table 1. Patient demographics

| Demographics         |              |
|----------------------|--------------|
| Female, n (%)        | 101 (58.05%) |
| Mean age (SD)        | 63 (15)      |
| Median age (IQR)     | 65 (54-74)   |
| ≥65 years old, n (%) | 88 (50.57%)  |

Fig 1. Smokers vs. non-smokers (n=174)

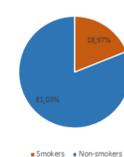
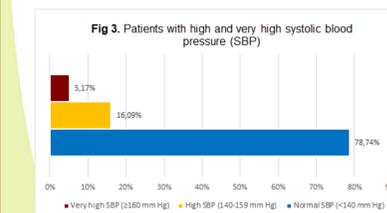
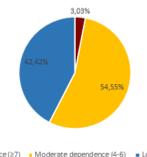


Fig 2. Fagerström Test Score (n=33)



The mean BP was 129 (SD 17) mm Hg (systolic) and 78 (SD 12) mm Hg (diastolic). Thirty-seven (16.09%) patients presented high (≥140 mm Hg) and 9 (5.17%) very high systolic BP (≥160 mm Hg).

The median opportunistic BG was 109 mg/dL (min.47, max.506, IQR 98-121), 5 (2.9%) individuals with high BG (≥200 mg/dL).

Pharmacists provided the following interventions:

- Self-reported medication adherence in patients with high BP and/or high blood glucose.
- Nutrition counseling for patients with high blood glucose.
- Free voucher to perform cardiovascular risk assessment at the pharmacy on the following day for smokers with high BP.
- Recommended repeat BP two more times in consecutive days and schedule a medical appointment if BP ≥ 140/90 mm Hg for patients with high BP but not smokers.
- Recommended enrolling in pharmacy smoking cessation service for patients with moderate and high dependence.

## 5. CONCLUSION

Approximately 20% of participants were smokers and presented high blood pressure.

This opportunistic screening provided outdoors represents a contribution of pharmacies to Sustainable Development Goals (SDG) 3 (Good Health and Well-Being) and 17 (Partnerships for the Goals), by capturing potential individuals at risk who may not necessarily use NHS primary care, hence not being aware of their risk and referring them to the pharmacy cardiovascular risk assessment and/or smoking cessation service, or to the NHS for further assessment.

## REFERENCES

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