



Insulin Initiation



PHARMACY AS A TEAM MEMBER

Michele Forsythe PhC CDE



Disclosures

- In the past 12 months, I have received speakers honoraria from NovoNordisk, Bayer, and Lifescan Canada.
- I have no financial interest in any pharmaceutical company.

- 
- Pharmacists, as members of multidisciplinary health care teams, can help improve diabetes related outcomes.
 - Pharmacist interventions (disease state education, medication counseling, intensifying pharmacological management of co-morbid disease states) improve medication adherence, treatment outcomes and quality of life in patients with diabetes.
- 

Who Needs Pharmacists?

- Pharmacists have something for everyone!!!!
 - Most accessible health care professional in many communities.
 - See patients 7x more frequently than family care physicians
 - Strong relationships
 - Trusted source of information

- Diabetes Education Centers provide the **MOST** comprehensive program available.
- Teaching is an ongoing process.
- A wide variety of self management behaviors must be learned by the patient to decrease the risk of complications.

1. Healthy eating
2. Physical activity
3. Medication use
4. Monitoring
5. Problem solving
6. Healthy coping
7. Reducing risks

Basic

- Provide blood glucose meters and detailed instruction on how to use them.
- Provide basic information.
- Direction to further information.
- Information on patients medications.
- Safe sharps program

Enhanced

- Insulin pen training
- Insulin pump supplies
- More detailed information on the clients disease.
- Help the client “read” the log book.

Advanced

- Download meters and help patient understand readings and make changes based on control.
- Provide med review and make recommendations for changes in therapies or dose adjustments.
- Community based lectures
- Programs to identify individuals at risk.
- Insulin starts based on physician recommendation and per protocol.

What's the Problem?

- Poorly defined roles, responsibilities and expectations.
- Communication
- Technology
- Turf wars
- Expertise

What about John?

- Medication review prior to insulin initiation.
- Assessment of proper SMBG technique.
- Pen training.
- Support.