



# c/COMPRIS Newsletter

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## COMPRIS Sponsors:

We are pleased to welcome AstraZeneca Canada as a COMPRIS corporate sponsor. The current corporate sponsors are:

- AstraZeneca Canada Inc.
- Bristol-Myers Squibb/sanofi aventis
- Merck Frosst Canada Ltd.
- Overwaitea Food Group

## COMPRIS Research Advisory Committee (RAC)

On January 31, 2006, the Annual Meeting of the COMPRIS RAC reviewed the 2005 COMPRIS ANNUAL Report Minutes of Annual Meeting and the Annual Report can be accessed on the COMPRIS website at [www.epicore.ualberta.ca](http://www.epicore.ualberta.ca)

## Health Policy/Practice Change

David Bougher continues to lead our initiatives to translate positive research results into Health Policy change. COMPRIS RAC endorsed enhanced efforts to work with key stakeholders in achieving sustainable pharmacy practice change based on research results. Activities include presentations to pharmacy and professional groups worldwide, "recruitment" of like-minded partners, and formation of a coalition of key stakeholders, to lead the initiative.

Approval of the *Pharmacists Profession Regulation* to the *Health Professions Act* provides new opportunities that will enable pharmacists to positively affect drug therapy for Albertans and to proceed with pharmacy practice innovation. We are currently working with government and other key stakeholders to develop a proposal for implementation of a major project that includes education support, a clinical demonstration project involving diabetes care, and a business case for an alternative funding model. Project launch is anticipated in 2007.

## Research Grants

\$22,496 was received from the University Hospital Foundation Medical Research Competition, for the Subacute Heart Failure Pilot, led by Sheri Koshman. (HEARTT)

\$78,780 was received from AstraZeneca for the project "Patient Beliefs and Attitudes Towards Statins". This project is being developed.

## Project Updates

### SCRIP-HTN.

This is a multi-disciplinary research project to determine the effectiveness of a pharmacist &

nurse education and intervention program on blood pressure control in patients with diabetes, conducted in Medicine Shoppe pharmacies in Edmonton and area. Recruitment of patients/randomization is nearing completion.

The follow-up of patients will take until the end of January 2007 followed by the analysis.

### OsteoPharm Study

This study will determine the effect of a community pharmacist-initiated multifaceted intervention on the diagnosis and treatment of osteoporosis in patients at high risk of fracture. The study is being conducted in Save-on-Foods pharmacies in Edmonton. Qualifying patients, identified by pharmacist screening, are randomized to usual care or participation in an osteoporosis intervention group. Patients are screened by the pharmacist using the 2002 Clinical Practice Guidelines for the Management and Diagnosis of Osteoporosis in Canada. The intervention involves a one on one education session with a pharmacist, evaluation of daily calcium and vitamin D intake and recommendations to see a family physician for a DEXA. Recruitment is nearing completion. The intervention, which is held in the pharmacy, has allowed pharmacists to add another dimension to patient care. The pharmacists involved completed a CCCEP approved training session before beginning the study. The primary outcomes are the performance of a DEXA or a new prescription for any osteoporosis treatment. Secondary outcomes measured include the use of calcium and Vitamin D supplements and the patient's personal knowledge of osteoporosis.

### PHIND-OA ((Pharmacist Identification of New, Diagnostically Confirmed Osteoarthritis)

This is a study to determine the feasibility and accuracy of a pharmacist-screening program to identify people with UNDIAGNOSED knee osteoarthritis. PHIND-OA has been completed and an abstract was accepted at the European League Against Rheumatism Meeting in Amsterdam in late June. The study, led by Dr. Carlo Marra of the University of British Columbia, was conducted in Save-on-Food Pharmacies in Vancouver and Edmonton.

### VIP (The Vascular Intervention Program)

VIP (Principal Investigator: Dr. Scot Simpson) is running in 3 family medicine clinics affiliated

with the Southside Edmonton Primary Care Network. Subject recruitment began on February 28<sup>th</sup> and we currently have 70 people enrolled. The study pharmacist, Denise Nitschke, works closely with individuals in the intervention group and their family physician to identify and resolve drug related problems associated with cardiovascular risk factors. Denise has been invited to speak about her experiences in the family medicine clinics at the Canadian Diabetes Association Annual General Meeting in October.

**ACHIEVA** (A Cohort and Intervention Study Evaluating Antidepressant Epidemiology and Adherence)

ACHIEVA, started in June 2006, will determine practice patterns of antidepressant medication prescribing by family physicians in the community. Individuals who have not received an antidepressant for at least 6 months, who present with a prescription for an antidepressant to a participating pharmacy in the Edmonton region, will be randomly assigned to usual care by their pharmacist or to a pharmacist-delivered patient education tool called Health PACT, which improves adherence to antidepressant medication.

**HEARTI** (Heart failure Evaluation - Acute Referral Team Trial)

This study, conducted by Dr. S. Koshman, is a multidisciplinary referral service for patients discharged from emergency with the diagnosis of heart failure. The team will consist of a dietician, a nurse, a pharmacist and a physician. All patients referred will be evaluated in the clinic and those with an ejection fraction of 40% or less will be eligible for the randomized controlled trial which will compare usual care to a 6 month intervention consisting of medication initiation and titration and education. The team is expected to improve care to this population and decrease hospitalizations.

**COLLABORATE** (Capturing Outcomes of Clinical Activities Performed by a Rounding Pharmacist Practicing in a Team Environment)

This study is conducted by Dr. Mark Makowsky in partnership with Capital Health, Regional Pharmacy Services. The goal of the study is to assess the impact of addition of a clinical pharmacist to the in-hospital patient care team, on patient outcomes and process of care indicators. The two study pharmacists have been providing services to medical inpatients at the University of Alberta Hospital, Royal Alexandra Hospital, and Grey Nuns Community Hospital for the past 5 months. The chart review process of 600 patient charts has recently and preliminary results are expected in February 2007.

*More information on any of these studies can be obtained by calling 780-492-8526.*

## Appointments

Cathy Biggs joined COMPRIS in the autumn of 2005, to serve as research coordinator for the OsteoPharm study.

Pharmacy students Phil Chan and Dean Baayens have joined COMPRIS for the summer, to work on numerous projects.

## Awards/Accomplishments

Please join us in congratulating the following people for their significant achievements:

Ross Tsuyuki received the 2005 NovoPharm Award for New Programs in Patient Counseling.

Donna McLean received a 2005 TORCH Incentive Award and the "Have a Heart Bursary" from the Canadian Cardiovascular Society.

Ross Tsuyuki and Terri Schindel received an award at the International Pharmaceutical Federation (FIP) World Congress in Cairo, Egypt for the paper "Leading Change in Pharmacy Practice: Fully Engaging Pharmacists in Patient Oriented Health Care". (See [www.epicore.ualberta.ca](http://www.epicore.ualberta.ca)).

## Recent Publications

Charrois TL, Johnson JA, Blitz S, Tsuyuki RT. Relationship Between Number, Timing, and Type of Pharmacist Interventions and Patient Outcomes. *Am J Health-Syst Pharm* 2005;62:1798-801

Simpson SH, Johnson JA, Farris KB, Lau TTY, Majumdar SR, Cave A, Tsuyuki RT, for the SCRIP Investigators. Physician perceptions of enhanced community pharmacist care in cholesterol management: a survey of physicians contacted during the Study of Cardiovascular Risk Intervention by Pharmacists (SCRIP). *Can Pharm J* 2005;138:33-39.

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