



COMMUNITY PHARMACY FOUNDATION
COMPLETED GRANT SYNOPSIS

**A collaboration of community pharmacists and school nurses to improve the care of students with diabetes:
 The SNAP Diabetes Program**

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Objectives	
1) Develop a collaboration between trained community pharmacists and school nurses for care of students with diabetes 2) Enhance the self-management proficiency of students 3) Develop a tool kit which can be used to replicate this program by other community pharmacists 4) Develop or strengthen the bond between the students' families and the community pharmacy	
Methods	
Design	<ul style="list-style-type: none"> • Identify and enroll middle school aged children with diabetes or who are at risk of developing diabetes • Weekly visits to school nurse to demonstrate SMBG and discuss blood glucose value in context of students current life experiences • Eight monthly visits to a participating community pharmacist with family: a)watch video on 1 of 8 topics; b)discussion between student, family and pharmacist of relevance of video content to the student's disease and life experiences • On-line exercise sessions to be done at home and/or at twice-weekly group sessions
Study endpoints	<ul style="list-style-type: none"> • Completion of eight pharmacy modules • Hemoglobin A1c • Weight
Results	
<ul style="list-style-type: none"> • One student completed all 8 modules; one completed 5 modules; one completed 4 modules; one completed 3 modules; two completed 2 modules; four completed 1 module. • A1c <u>reduced</u> by 0.1% in 3; 0.2% in 2; 0.4% in 1. A1c <u>increased</u> by 0.1% in 2; 0.3% in 1; 0.4% in 1. • Weight reduced by 6 lbs in one student completing 5 modules and by 22 lbs in only student to complete all 8 modules 	
Conclusion	
<p>Because of less than expected enrollment and poor attendance we were unable to demonstrate complete accomplishment of our four objectives. Lack of commitment to the program was evident from the failure of many parents to return phone calls, schedule and keep appointments, and make sure their child attended exercise sessions. Future program design should put more emphasis on ensuring that parents are in full support of program goals and objectives.</p>	

For further information and/or materials on this grant, please visit
www.CommunityPharmacyFoundation.org and submit your inquiry through **Contact_Us**.

Even though these challenges limited our ability to demonstrate complete success with all four of our objectives, we are encouraged by some small accomplishments. We were able to bring together a team of nurses and pharmacists who could reinforce self-management ideas to their patients. We were, in a limited way, able to show that diabetes is something that will affect all areas of the patient's life, and we did help a few students and their families recognize the importance of nutrition and exercise to the management of diabetes. Although we cannot make any definitive statement of success in enhancing self-management proficiency, it is evident that a few of our students and parents did recognize the need for self-care.

We feel that the SNAP Toolkit can be a valuable tool, but needs some "tweaking" to be more attractive to patients in this age group. Although having a panel of peers share their experiences on the DVD modules was helpful, this was probably overcome by too much information from the "experts". It would probably be advantageous to substitute some interactive activities for these "lectures".

Because too few participants actually completed the program and the Program Evaluation, it is not possible to make any statements about developing or strengthening the families' bond with the community pharmacy. This awaits future study.

In conclusion, because of several unanticipated challenges to a rather complex protocol, we were unable to satisfactorily meet our objectives. However, partial completion of these objectives and a number of valuable lessons learned lead us to believe that a program such as SNAP is worthy of further study.