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**COMMUNITY PHARMACY FOUNDATION**  
COMPLETED GRANT SYNOPSIS

**Pharmacy Based Activity to Reverse and Manage Disease (PHARMD):  
The Hypertension Project**

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**Objectives**

- 1) Provide greater access to accurate hypertension screening, referral, and follow-up to minority populations, specifically African-American
- 2) Produce individualized cardiac risk assessments based on personal and family history
- 3) Educate pharmacy consumers on the warning signs of heart attack and stroke
- 4) Determine whether or not an effective screening program could be maintained in a busy community pharmacy

**Methods**

Design	A two-center prospective assessment conducted at Walgreens' pharmacies with large minority populations in the greater West Palm Beach, FL area from August 2003 – April 2004.
Intervention	Cardiac-related screening by pharmacists, technicians and students and counseling services, at no charge, at all times the pharmacy was open. Services included blood pressure monitoring, physician referral, referral for additional pharmacy screening, and, educational materials.
Inclusion Criteria	<ul style="list-style-type: none"> <li>• Adults responding to promotional advertisements</li> <li>• Willing patients currently receiving antihypertension medications</li> <li>• Completion of informed consent</li> </ul>
Study endpoints	<ul style="list-style-type: none"> <li>• Descriptive findings of screening results and hypertension rates</li> <li>• Demonstrate feasibility of conducting a lipid screening and follow-up program in a community pharmacy</li> </ul>

**Results**

- A total of 569 people were screened for high blood pressure; 735 total encounters were documented
- 50% of the screenings were for African-Americans; 48% males
- 30% of individuals had hypertension (>140/90) with one assessment; average was 151/98 including currently treated patients
- 9% of individuals self-reported no hypertension did have high blood pressure > 140/90 (average 152/96) with one assessment

**Conclusion**

A hypertension screening program was developed and implemented across two different pharmacies. Dedicated staff to oversee and support such initiatives would enhance program awareness and adequate support. A total of 166 follow-up visits were documented suggesting patient interest in their health and pharmacist intervention.

For further information and/or materials on this grant, please visit [www.CommunityPharmacyFoundation.org](http://www.CommunityPharmacyFoundation.org) and submit your inquiry through **Contact\_Us**.