



COMMUNITY PHARMACY FOUNDATION
COMPLETED GRANT SYNOPSIS

Help Your Heart

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Objectives

- 1) Identify patients in the community at risk for heart disease through a pharmacy-based program.
- 2) Decrease blood pressure and cholesterol in program participants with pharmacist-based education.

Methods

Design	<ul style="list-style-type: none"> • Cholesterol screening and blood pressure screening completed at day of enrollment and again at 6 months. • Advertisements posted in the pharmacy, and local newspapers showing the need for patients to take great concern in having themselves screened for cardiovascular disease.
Study endpoints	<ul style="list-style-type: none"> • Total Cholesterol/HDL reduction. • Systolic and diastolic blood pressure reductions

Results

- The average total cholesterol/HDL ratio was 4.203 at the start. After 6 months, the average total cholesterol/HDL decreased to 3.95.
- The blood pressure measurement average at the beginning of enrollment was 139.89/79.6mmHg and the ending average was 120.65/75.7mmHg.
- Thirty-two patients initially enrolled into the program, and 22 patients finished the program.

Conclusion

The Help Your Heart program can be easily adopted into most community pharmacies with minimal resources. The most difficult barrier seen in this project was the inability to show those in greatest need the extreme value this project had to offer. If future continuation of this project were to take place, the pharmacy would have to utilize other avenues of communication to convey the value of this project.