

PREVENTION CAMPAIGN OF TYPE 2 DIABETES IN COMMUNITY PHARMACIES IN CÓRDOBA, ARGENTINA

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Introduction

Diabetes Mellitus (DM) is a metabolic disorder of multiple etiologies that can give place to multiple complications if not treated adequately¹. The early identification of people with higher risks of developing DM, allows the starting up of educational preventive measures, which have proven to be of great effectiveness². It has been demonstrated that simple measures associated with healthy lifestyle, are successful to prevent or delay the appearance of the disease³. FINDRISC Test has proven in other countries to be a great tool for detecting the level of risk in developing DM^{4,5}.

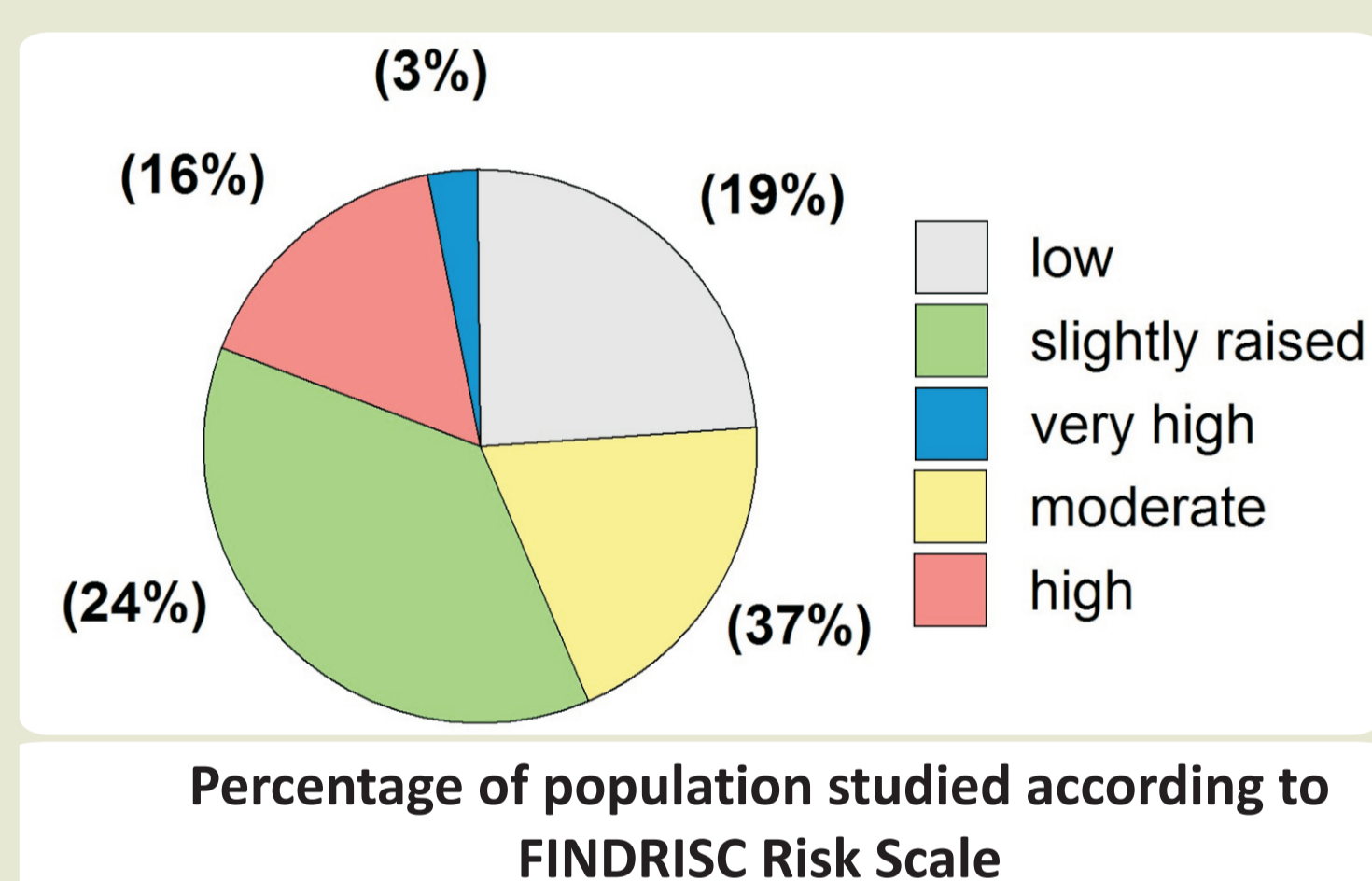
Aims

- Determine through FINDRISC Test the level of risk in developing DM.
- Establish the relationship between risk factors (IMC, age, food habits, etc.) and the risk of developing DM according the FINDRISC Test.
- Produce preventive measures by providing information about the condition and about healthy lifestyles.

Method

A cross-sectional study involving 100 pharmacies throughout Córdoba has been completed. Between November 2014 and March 2015, 4982 surveys were conducted. FINDRISC Test was used as the instrument to evaluate the risks of developing DM. The survey respondents were frequent community pharmacy adult (18+) customers who hadn't been diagnosed with Diabetes in the past.

Results



Percentages Tables of the FINDRISC Questionnaire

Age	Percentage
<45	41%
45-54	22%
55-64	20%
>64	17%

High Glucose	Percentage
Yes	88%
No	12%

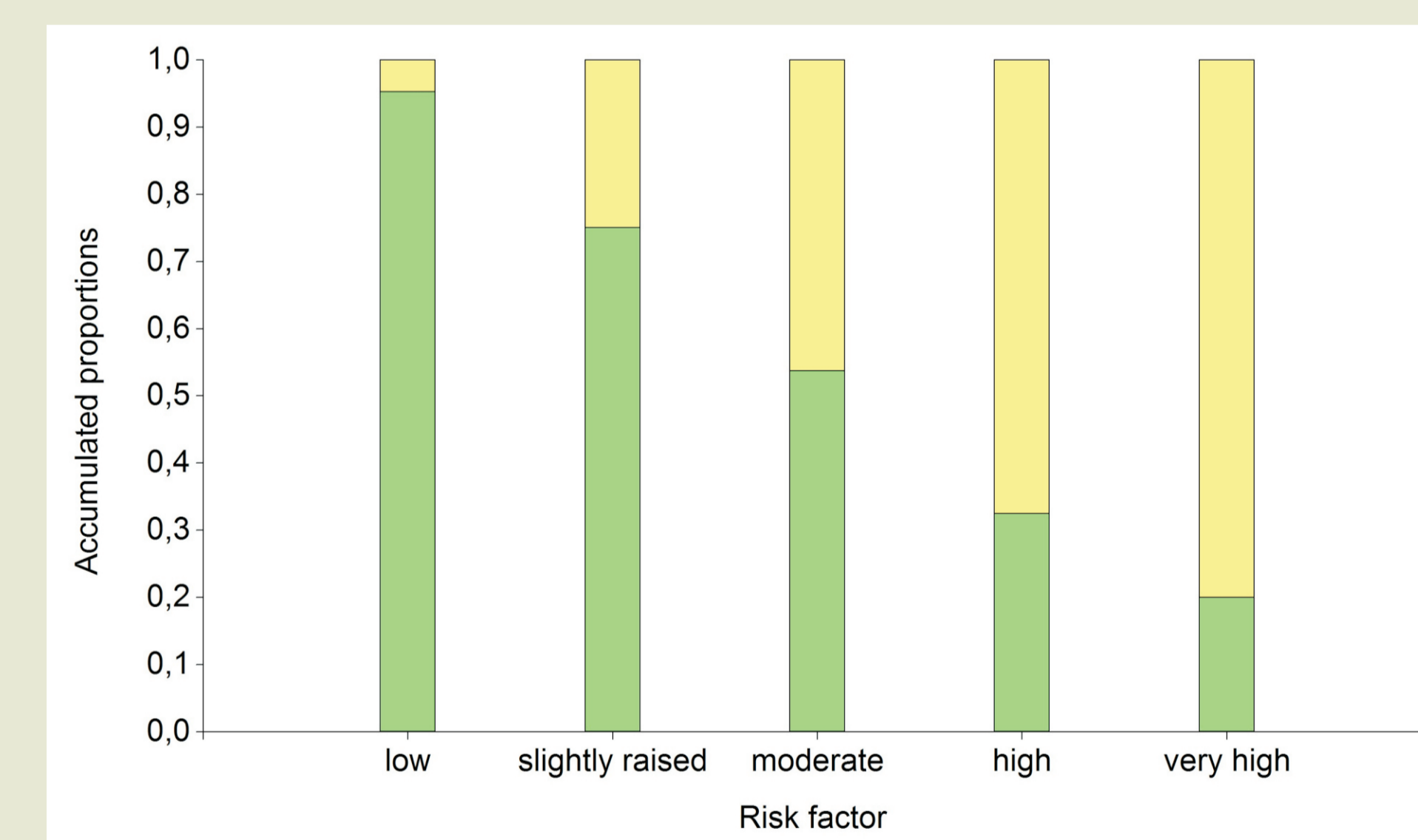
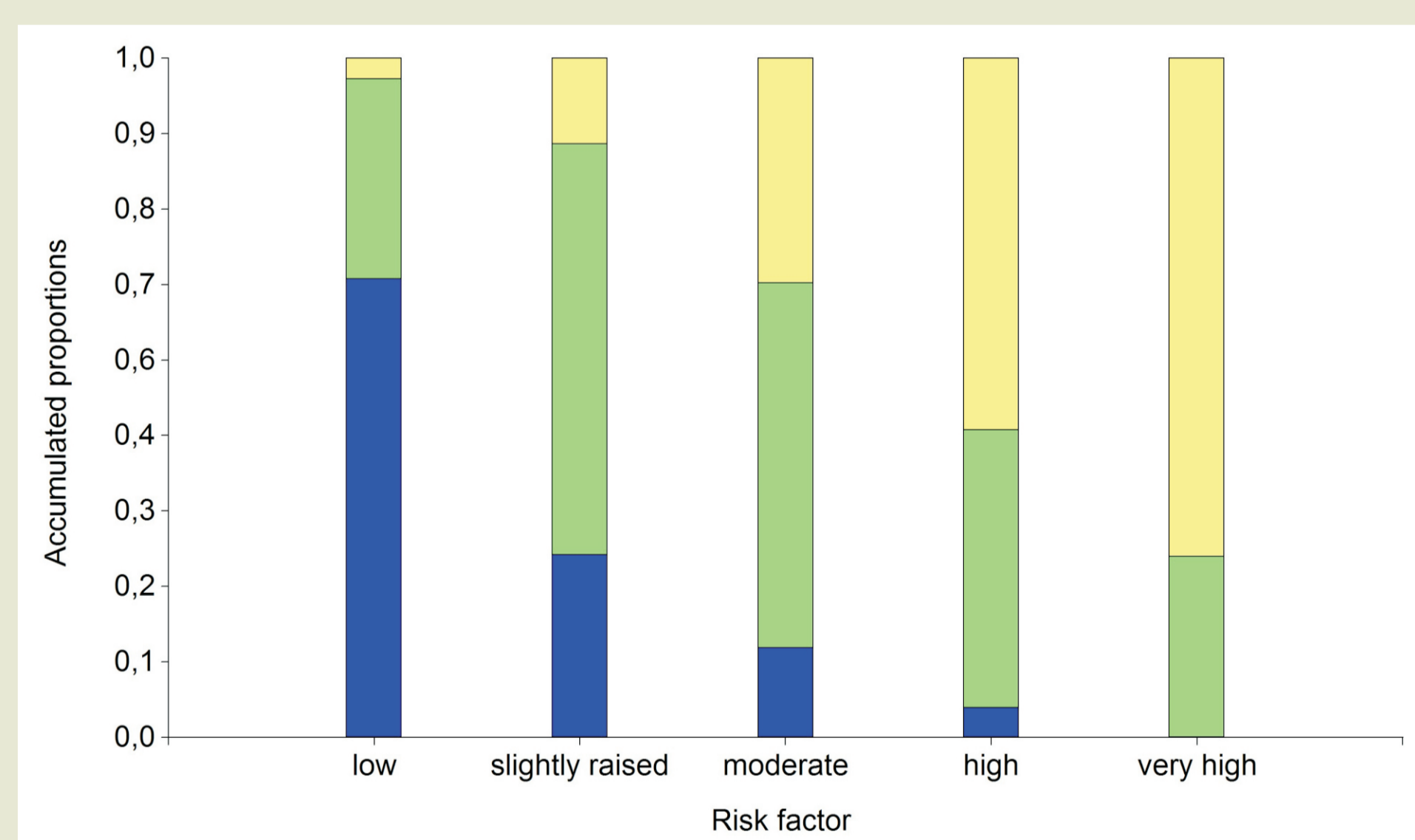
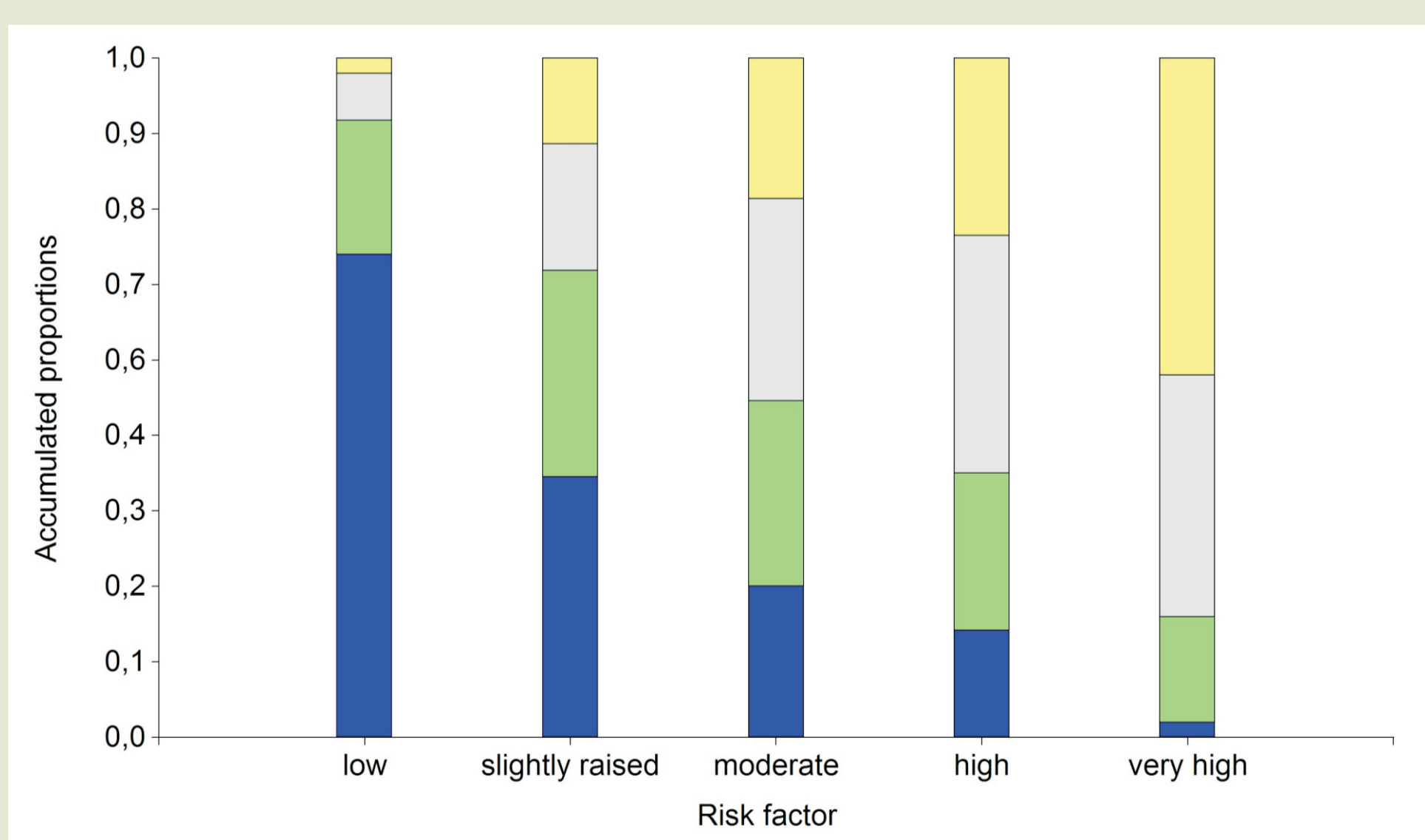
Physical Activity	Percentage
Yes	49%
No	51%

IMC (kg/m2)	Percentage
<25	32%
25-30	45%
>30	23%

Antihypertensive Medication	Percentage
Yes	69%
No	31%

Background	Percentage
No	50%
Parents, siblings, sons	27%
Grandparents, uncles	23%

Eating Vegetables	Percentage
every day	57%
not every day	43%



The campaign had a good reception in all pharmacies. The participants praised the Pharmacist and the initiative by expressing their recognition. The ones referred to a doctor were asked to come back for the results of the medical studies. As a result, the level of awareness regarding Diabetes as well as the health care prevention procedures increased.

Conclusions

The community pharmacies are sanitary centers that can efficiently help in detecting people with high risk of developing Diabetes. This allows quick interventions to change hygienic-diet habits and also encourage visits to the doctor. Thus, it is relevant to benefit from the community pharmacy capabilities in order to improve the diagnoses and provide information about the disease revealing underlying risks and promoting necessary changes to avoid it.

As pharmacists, we must develop stronger strategies that contribute to improve the health of those who come to us, in order to take a leading role in future health plan implemented by the Sanitary Authorities. The application of the FINDRISC Test should be offered to all citizens as part as Pharmaceutical Services of our Community Pharmacies, in order to get the appropriate treatment for each case, on time.

References

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5. Sorriquer F, Valdés S, Tapia MJ, Esteve I, Ruiz de Adana MI, Almaraz MC, Morcillo S, García E, Rodríguez F, Rojo-Martínez G. Validación del FINDRISC (FINnish Diabetes Risk Score) para la predicción del riesgo de diabetes tipo 2 en una población del sur de España. Estudio Pizarra. Med Clin (Barc). 2012;138(9):371-376.