

## **THE P3 PROGRAM - PATIENTS, PHARMACISTS, PARTNERSHIPS**

*Preparing pharmacists to provide ongoing support and education to people with diabetes*

### **Public Health Problem**

- People with diabetes can develop costly and serious disease complications such as blindness and heart attack, greatly affecting their quality of life.
- Self-management education helps people with diabetes take steps to prevent complications but a third of people with diabetes in Maryland haven't taken a class to learn to manage their disease and about a quarter haven't had recommended tests such as a dilated eye exam, a foot check or a daily blood sugar test.
- The Asheville Project, a health care model developed in North Carolina for people with chronic conditions, demonstrated that pharmacists working with health care providers are able to educate people about their diabetes and improve delivery of recommended care.

### **Program**

- The P-3 program, *Patients, Pharmacists, Partnerships*, sponsored by the University of Maryland School of Pharmacy and supported by a grant of state general funds from the Maryland Diabetes Prevention and Control Program, prepares pharmacists to provide ongoing support and education to people with diabetes. It is a replication of the Asheville Project.
- The Maryland Diabetes Prevention and Control Program partnered with the University to provide supplemental funds to recruit additional pharmacists to learn and improve their skills in helping patients manage their diabetes.

### **Impact**

- This partnership engages pharmacists, often underutilized members of the health care team, to help Maryland residents with diabetes by improving access to self-management education and increasing the likelihood that they receive recommended care.
- Preliminary data show promising results in diabetes management, including increased adherence to recommended examinations, improvement in health behaviors, and reduction in health care costs.
- Three quarters of pharmacists participating in the educational session say it will improve their patient practices.
- Most pharmacists expect to use the information they learned and say the information changed their teaching style and methods, a benefit to patients they counsel.

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