



PHARMACIST-DRIVEN DISEASE MANAGEMENT: DELIVERING AN ON-CAMPUS WEIGHT MANAGEMENT CARE SERVICE



AUBURN UNIVERSITY

 Auburn, AL

Educators from Auburn University's (AU) Harrison School of Pharmacy developed an integrated PharmD professional curriculum that prepares trainees to deliver pharmacological and nonpharmacological obesity management services in community-based settings. This curriculum could be adapted by other schools of pharmacy with established on-campus or partner community clinics.

SCENARIO

Pharmacists are among America's most trusted and accessible health professionals. As such, they may be ideally situated to provide medication monitoring and disease management services for clients with obesity. In 2016, the American College of Clinical Pharmacy issued curricular guidance recommending that all pharmacy students receive education and training on obesity to prepare them to provide collaborative, patient-centered care upon graduation and licensure.

In 2014, the Harrison School of Pharmacy (HSOP) faculty developed a vision for the "Practice Ready Graduate" that outlines 10 broad categories of skills in which a Pharmacist entering the profession will need to be competent. Students learn and apply these skills in numerous contexts, including management of obesity and related conditions. The curriculum involves students in continuous patient care responsibilities starting upon entry into the School and offers additional opportunities to involve pharmacists in obesity management through training on motivational interviewing and appropriate pharmaceutical therapies.

Educational Objectives

The practice ready HSOP graduate should be able to: [partial list]

- ▶ Assume responsibility for and provide evidence-based pharmacotherapy as a member of the healthcare team
- ▶ Develop and implement evidence-based pharmacotherapy plans considering patient specific factors
- ▶ Conduct health screenings and provide recommendations and referrals
- ▶ Provide effective patient centered counseling/education taking into consideration health literacy, motivation, and readiness for change
- ▶ Assess and promote medication adherence while identifying and resolving patient specific barriers to medication adherence

About the Educators



**Harrison School of
Pharmacy (HSOP)**



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KEY COMPETENCIES:

Obesity as a Disease
Integration of Community Care
Language for Obesity
Person-Centered Communication
Strategies for Patient Care



CURRICULUM

The new, integrated PharmD professional curriculum includes obesity as a specific condition to be addressed. Students provide individualized care for patients with obesity focused on maximizing the efficacy and safety of medication use, improving disease control, identifying health risks, and providing preventative care. HSOP works closely with other units on campus to provide an integrated, interprofessional approach.

HSOP is working to develop a sustainable practice model for pharmacists that extends beyond the pharmacist's role in dispensing medications. Students are trained to provide direct patient care through required and elective experiences.

Integrated Learning Experience (ILE) Courses 1-4

First-year students are introduced to obesity, diabetes, hypertension, and how lifestyle changes supplemented by drug treatments can be used to treat these conditions. The course includes a 5-day module on **obesity as a chronic disease**. Students acquire foundational knowledge of obesity management, diabetes mellitus, and common complications of pharmacological management (e.g. diarrhea and constipation) for future application in patient care.

Person-Centered Communication Concepts and Skills integration

Person-centered communication, including motivational interviewing skills training, is integrated **across the curriculum**. Students learn how to develop positive, therapeutic relationships with patients through application of communications skills (including listening and empathy, assertiveness, autonomy support, etc.) and other behavior change support strategies. There is significant coverage of how to communicate effectively with patients with or at risk for obesity.

Community Care Rotations

Fourth-year pharmacy students rotate through the school's two on-campus pharmaceutical care clinics, where they gain experience caring for clients with obesity and other advanced patient care activities.



AU Pharmaceutical Care Center (AUPCC)

- ✓ Students deliver high-intensity counseling to clients in the Healthy Habits Weight Management Program
- ✓ Students conduct biometric screenings for AU employees as part of the **Healthy Tigers Wellness Program**. Employees with obesity (BMI ≥ 35 kg/m²) can earn a health insurance premium discount by establishing a self-management plan and/or meeting with an AUPCC dietician.



SEIB State Wellness Center

- ✓ Students learn how to properly manage obesity with medication and lifestyle changes by providing pharmacist-driven disease management for Alabama state employees
- ✓ Students practice coordinating with other primary care providers to optimize care and outcomes for patients with obesity and related conditions

OUTCOMES

The Auburn University Pharmaceutical Care Center's Healthy Habits program has been successful in helping patients decrease total body weight, BMI, and risk of weight-related complications. The program has begun to establish the role of pharmacists in obesity care.



70+
fourth-year
pharmacy
students

are trained annually by the Clinical Health Services unit on community pharmacy practices specific to obesity and disease management



Pharmacists are really in a position to listen to patients about the role that obesity plays in their overall health. Community pharmacies and pharmacy-based clinics across the country are beginning to engage in advanced care services that incorporate weight loss for purposes of health and chronic disease management.

– Dr. Jan Kavookjian, Associate Professor



Additional information about this curriculum is available from: <http://pharmacy.auburn.edu/apply/curriculum.html>