



Development and Evaluation of a Pharmaceutical Care Program to Reduce Modifiable Risk of Chronic Complications in Brazilian Type 2 Diabetic Patients

Gisleine E. C. da SILVA* & Roberto B. BAZOTTE

*Department of Pharmacy and Pharmacology, State University of Maringá,
Maringá, PR 87020-900, Brazil*

SUMMARY. In this study we developed and evaluated a pharmaceutical care program (PCP) to reduce modifiable risk factors of chronic complications of type 2 diabetes. Patients who acquired their anti-diabetic drugs from a Brazilian community pharmacies chain were invited to participate in the PCP. The recruited patients were monthly interviewed and information about pharmacotherapy, comorbidities, diet, physical activity, body mass index (BMI), blood pressure (BP), and waist circumference (WC) were obtained. Evaluation of glycemia, glycated hemoglobin A1c (HbA1c), and lipid profile analyses was done after the first interview and repeated every four months until finish the PCP. The 51 (91.1 %) patients who completed the PCP (12 months) showed improvement in the nutritional habits, physical activity, pharmacotherapeutic follow-up, HbA1c, lipid profile, BP, WC, and BMI. Thus, the PCP was applicable to the type 2 diabetic patients improving diabetes education and reducing modifiable risk factors of chronic complications.

KEY WORDS: Brazil, community pharmacies, Pharmaceutical care, Public health, type 2 diabetes.

* Author to whom correspondence should be addressed. *E-mail:* gecsilva@uem.br