



# Community Pharmacists for Diabetes Patients intervention Study in Japan : COMPASS Project 1

Okada H<sup>1\*</sup>, Nakagawa Y<sup>2</sup>, Onda M<sup>3</sup>, Shoji M<sup>3</sup>, Fukuoka K<sup>4</sup>, Ishii Y<sup>5</sup>, Sakane N<sup>1</sup>

E-mail: bufobufo.ok@gmail.com

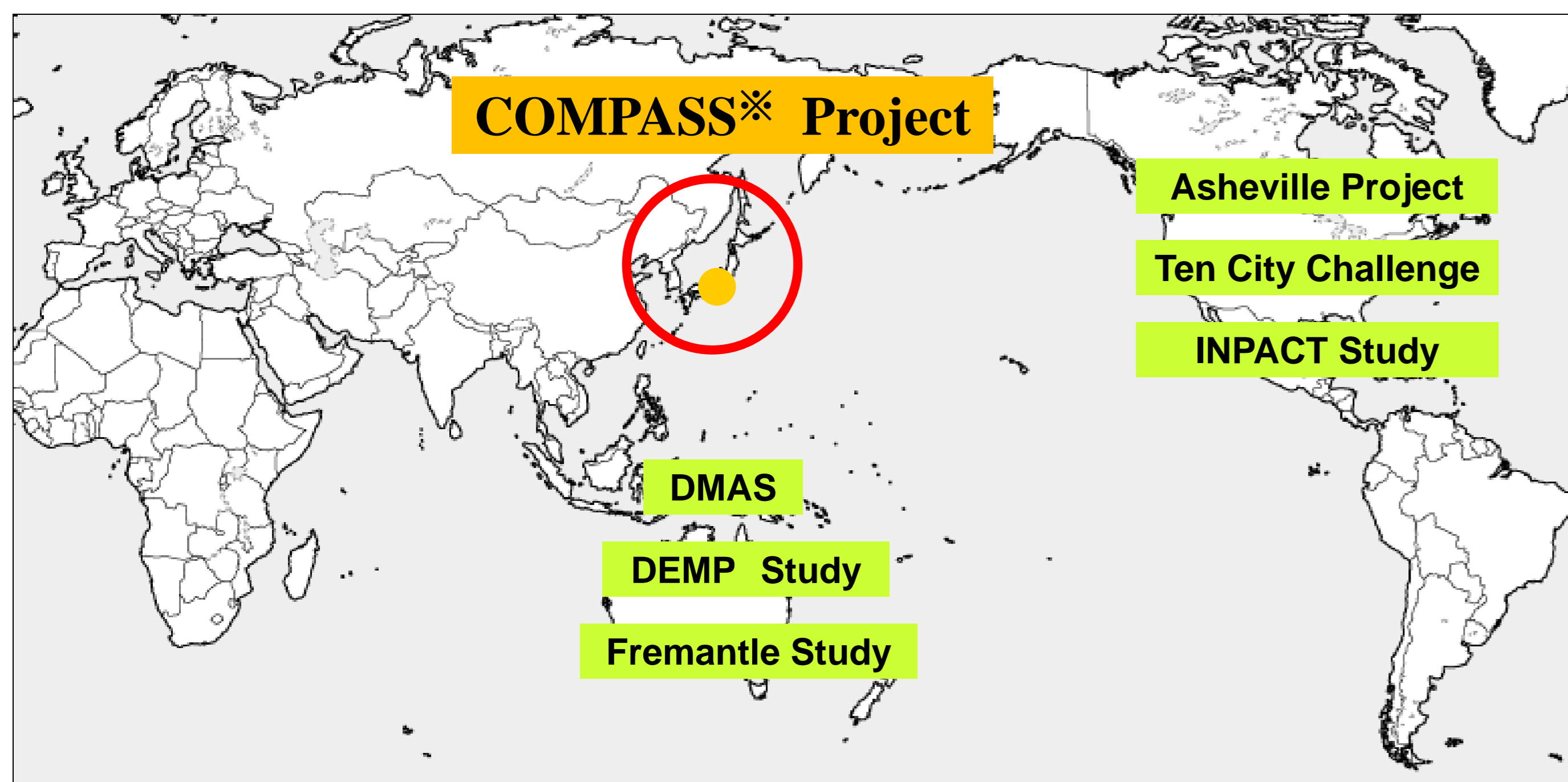


COMPASS Project

1Department of Preventive Medicine, Clinical Research Institute for Endocrine and Metabolic disease, National Hospital Organization Kyoto Medical Center, Kyoto, Japan 2Polon Company, Kobe, Japan 3Clinical Laboratory of Pharmacy, Osaka University of Pharmaceutical Sciences, Osaka, Japan 4Nihon Chouzai Co.,Ltd. , Tokyo, Japan 5Dpt.Pharmacy Support , QOL Co., Ltd, Tokyo, Japan

## Background

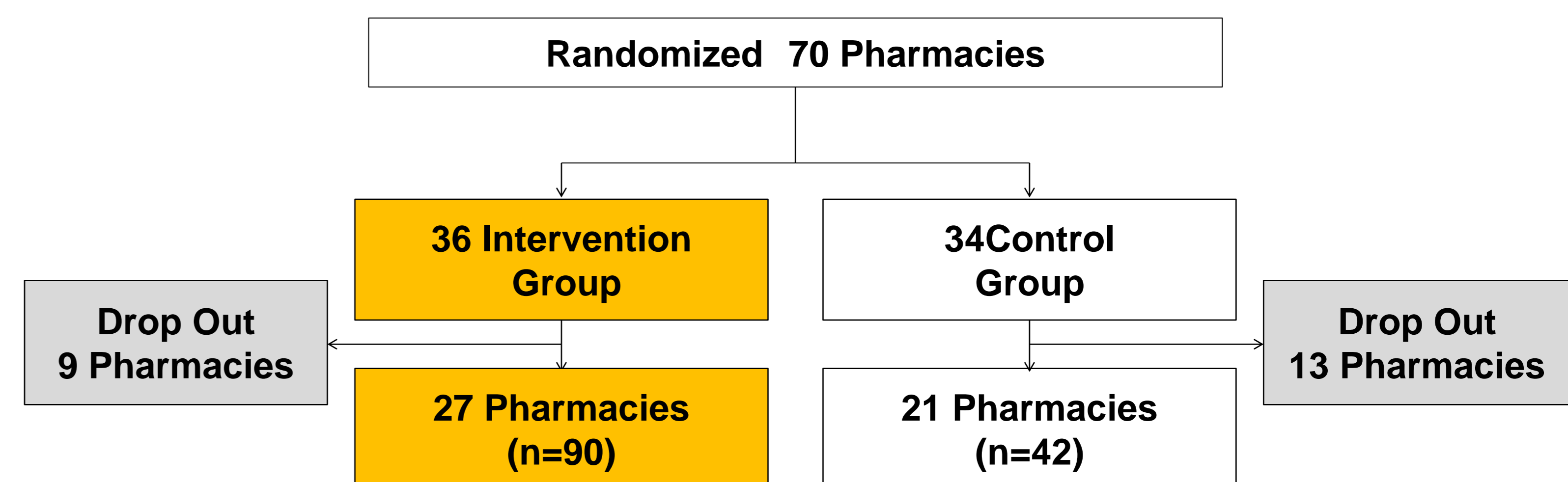
### Intervention Study for Diabetes patients in Community Pharmacy



The number of Diabetes patients in Japan is increasing due to the change in eating habits, which have become more Westernized. There are over 10million diabetes patients in Japan. It's the sixth highest number in the world. And the acceleration of demographic aging is happening very quickly in Japan. The shortage of medical resources has become a serious problem. We thought one of the solutions would be to promote effective use of community pharmacies. But there are no trials in Japan that are in effect at the moment. So the COMPASS Project was started which is an intervention study in community pharmacies for diabetes patients.

## Results

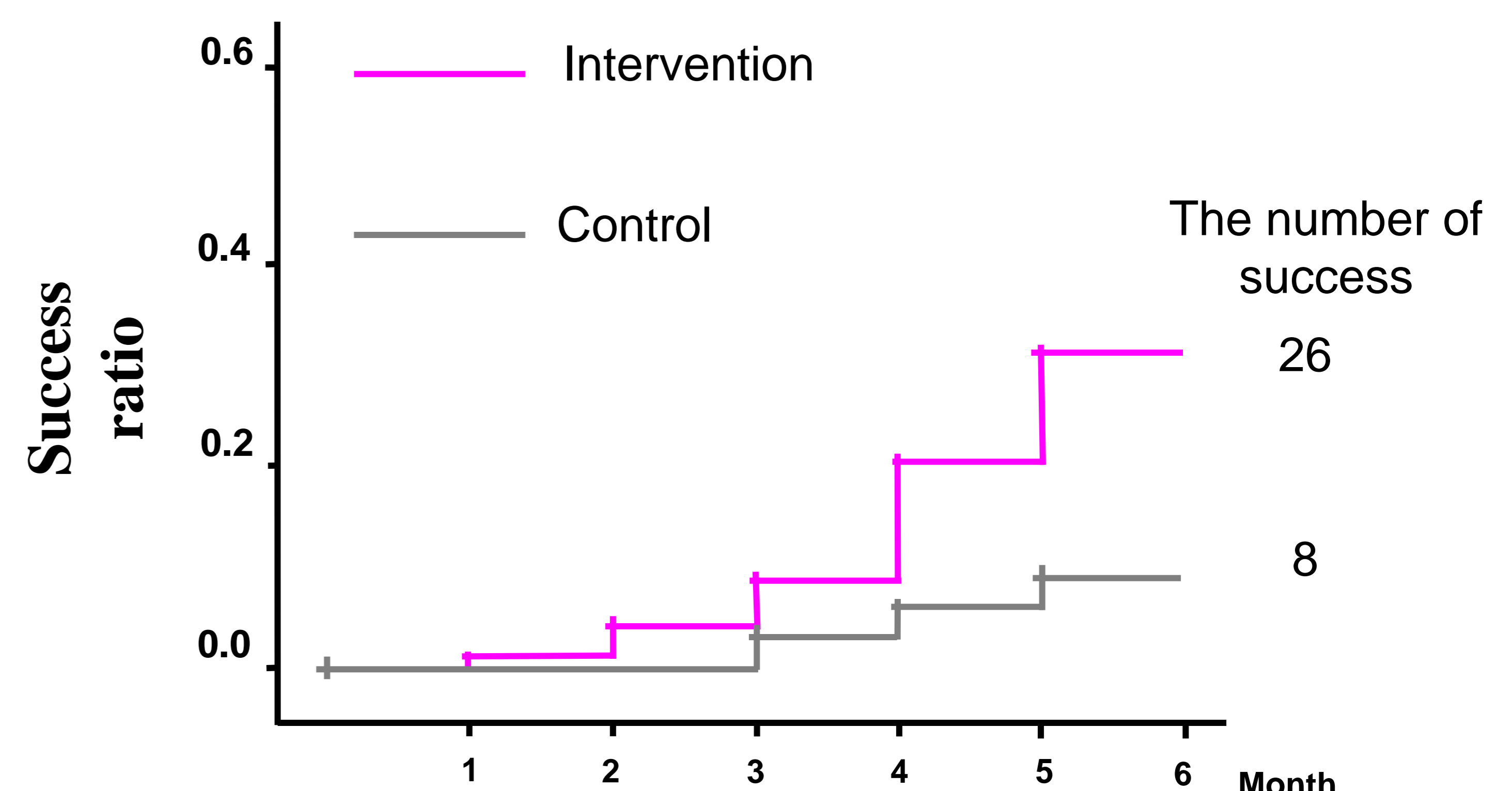
### Pharmacies and Participants



### Profile of Participants

	Intervention		Control	
	Baseline (n=90)	6-month (n=47)	Base line (n=42)	6-month (n=23)
Age(Ave.±SD)	63±10		61±11	
Male/Female	46/47		24/21	
BMI, (kg/m <sup>2</sup> Ave.±SD)	24.9±4.9		24.5±6.1	
HbA1c (% Ave.±SD)	8.4±0.9	7.6±1.2	8.3±0.6	7.8±1.0

### Success ratio (HbA1c -0.5%): Kaplan-Meier



Cox hazard model were associated with intervention (OR 2.2 95%CI 1.2-4.1) and independent of age and sex.

## Conclusions

We have launched the COMPASS project, community pharmacist intervention trial to improve the blood glucose level in T2DM by using Motivational interviewing skills and information giving in community pharmacies. This trial is expected to contribute to evidence-based real-world preventive practice.

FIP2012 (Amsterdam) 3-8October, 2012

## Objectives

Pharmacists for Diabetes patients intervention study in Japan (COMPASS) is a cluster randomized controlled trial, to test whether goal-focused lifestyle coaching delivered by community pharmacists, can improve blood glucose level of Type 2 diabetes (T2DM) in Japan in a real-world setting. This describes the study design and the results of the study.

## Methods

For the recruitment of study subjects and their follow-ups, we collaborate with chain pharmacy companies. Education divisions of these companies recruited pharmacists in their companies to participate in the study. Each pharmacy formed clusters, as the unit of randomization. Community pharmacies recruited T2DM patients who usually came to their community pharmacy, aged 20-75 with HbA1c of 7.9-10.4 %. Lifestyle support is delivered by community pharmacists to candidates every visit for six months. Each candidate was given a pedometer and a record of their ped numbers a day, and a news letter every month. Study subjects are followed-up for one year by annual health checkups. Primary outcome is the HbA1c and life change of T2DM patients.



Pedometers for Pt.

### Training of Motivational Interviewing • Brochures

#### 3Step of Motivational Interviewing

#### Contents

- Step1 Search for problems with Pt.
- Step2 Decide to what to do next
- Step3 Finish with Supportive Phrase



Sample Brochures

#### Training Program for Pharmacists

Min.

Guidance	What is a COMPASS Project	30
Meal	Tip for cutting down on sweets	90
	Break time	60
Exercise	Physical activity	90
Drinking	Tip for cutting down on drinking	90
Reflection		30



Role Playing