

[Introduction]

In January 2015, Aozora Pharmacy became the first pharmacy member of International HPH Network, and in October 2016, we became the first Health Support Pharmacy in Osaka prefecture Japan.

As one of many HP effort including Health Class that Aozora Pharmacy deliver for patients and community people, a dietitian was positioned since October 2017, and free Diet Counseling is provided two days a week. This is a review on health promotion effort of collaboration by pharmacist and dietitian.

[Steps of Diet Counseling]

First step of counseling:

The Dietitian informs about the service at waiting room of the pharmacy; patients request for counseling; a patient is referenced from pharmacist to dietitian.

Tools for Diet Counseling:

Leaflet on diet per disease, exchangeable food list, food classification list, meal diary

Interview points:

Current eating habit, lifestyle, disease/examination results

[Challenges and counter-actions]

Challenge ① Insufficient information sharing between Dietitian and Pharmacist

Challenge ② Advice given in the Diet Counseling was not well used in patient compliance instruction by pharmacist.

Counter-actions :

A pharmacist was put in charge to promote following improvements:
 Make a summary and classification of diet counseling and report and consult others at workplace meetings.
 Have a meeting with the Dietitian after each diet counseling, and record the contents to drug history record.

Challenge ③ Review of dietary supplements sold at the pharmacy

Counter-actions: Necessary products were carefully selected by the Dietitian.

Previous: Supplement for Ca and Fe, low calorie food

Addition: "My size, like it, Plus" series by Otsuka Foods

Reason of selection :

① Suitable for patients living alone or elders as a handy meal, as no cooking is required.

② Purpose is listed clearly: low sodium, low calorie, frail prevention (protein 10g).

Introduction of new system:

Advanced Glycation End-products (AGEs) scanner is placed in the counseling room. Meals can be checked in numerical figures. Simple and easy as measurement is taken by non-invasive sensor.

[Observed Changes after actions were taken]

Increase in request for counseling: continuous counseling case increased from 11.8 to 16.7 patient/month

Increase of patient referenced from pharmacist to dietitian: 1 to 2 case/month

Increase in sales: additional product line-up contributed

New patient : found us on internet by searching for AGEs measurement and visited us for diet counseling

[Conclusion]

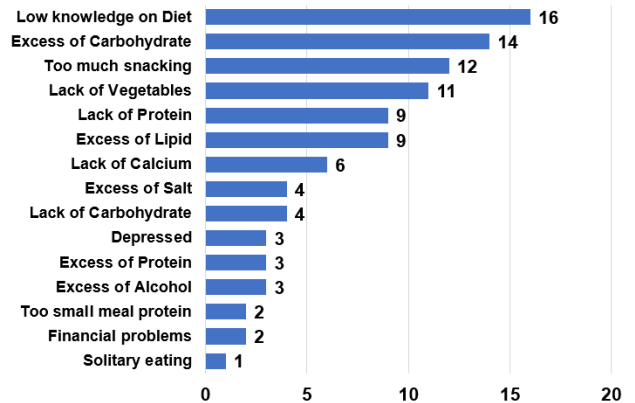
Improvement of report format and change in how to record the drug history contributed smoother communication and better information sharing among the Dietitian and pharmacists.

Dietitian is highly skilled in evaluating patient's nutritious condition and knowing challenges in their daily lifestyle. Such information may include various social determinants of health (SDHs), too.

It is beneficial for pharmacists to acquire such information from the Dietitian, as it leads to providing better quality pharmaceutical control.

We'd like to keep improving and enhance health promotion at pharmacy by collaboration of pharmacist and dietitian.

Challenges of Counseled Patients



"My size, like it, Plus"



AGEs