Pharmacy Students and Residents
Empowering Patients to Self-Monitor and
Set Goals to Achieve Positive
Health Outcomes

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- **Jennifer Seifert** – executive director, Charitable Pharmacy of Central Ohio
Pharmacy Students and Residents Empowering Patients to Self-Monitor and Set Goals to Achieve Positive Health Outcomes

Sarah Jones, PharmD, RPh
Charitable Pharmacy of Central Ohio
BRIDGING THE GAP

www.charitablepharmacy.org
Income $\leq 200\%$ of the federal poverty level

Resident of Franklin County

Uninsured OR underinsured
410,000 prescriptions

Valued at $34 million

>6700 patients
### Patients Who Qualify

<table>
<thead>
<tr>
<th>Condition</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes/Preabetes</td>
<td>yes</td>
</tr>
<tr>
<td>Hypertension</td>
<td>yes</td>
</tr>
<tr>
<td>Heart Failure</td>
<td>yes</td>
</tr>
<tr>
<td>COPD</td>
<td>yes</td>
</tr>
</tbody>
</table>

### Process for Distributing the Device

1. **Identify eligible patient**
   - Use the chart above to determine if a patient is eligible for the device.
2. **Understand patient need and want a device?**
   - Patient needs and wants a device.
3. **Device Program**
   - We are offering a new program through a direct mail campaign for eligible patients.
   - Mailbox: <mailing address>
4. **Promote the Device as a Prescription**
   - The patient will receive the device via their pharmacy or mailbox.
5. **Patient Signed Agreement**
   - Patient signs the basic program agreement and the signed agreement is sent to the pharmacy.
6. **Give the Device and Counsel on Use**
   - The device is given to the patient.

### Formulas for Follow-Up Visits

- **Visit 1:**
  - **Goal:** Understand patient's current condition and device usage.
  - **Procedure:** Review patient's current medication list, device usage, and any other relevant information.
- **Visit 2:**
  - **Goal:** Encourage patient to use the device daily.
  - **Procedure:** Review patient's progress, adjust device settings if necessary, and address any concerns.
- **Visit 3:**
  - **Goal:** Assess patient's overall health and device performance.
  - **Procedure:** Conduct a comprehensive review, including patient satisfaction with the device, and provide ongoing support.

### Self-Monitoring Device Program

1. **Identify existing patients who have received a self-monitoring device by the Acura Diagnostics (MDT) in Practice Fasion.**
2. **Identify patients due for a review.**
   - Each review should be given a survey at least once every month, at least 3 months after receipt of the device.
3. **Result of review:**
   - If the review is successful, the device is returned.
4. **Signage:**
   - Display the sign in the patient's room where the device is located.
Patient and Pharmacy Partnership

Self Monitoring Device Program

Charitable Pharmacy is providing you with a self-monitoring device to better track and manage your health. We ask that you:

Use your device at least once per week
Record your readings
Bring your log back with you to every pharmacy visit to discuss with your pharmacist

Signature ___________________________
SMART GOALS

Specific
Measurable
Attainable
Relevant
Time-bound

Examples:

<table>
<thead>
<tr>
<th>SMART Goals</th>
<th>Not SMART Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to lose 5 lbs in the next month</td>
<td>I want to lose 20 lbs before next month</td>
</tr>
<tr>
<td>I want to cut down my sodium intake (&lt;2.3g daily) and increase my protein intake (&gt;0.8g/kg daily)</td>
<td>I want to eat healthier</td>
</tr>
<tr>
<td>I will work towards 30 minutes of physical activity 5 days a week</td>
<td>I want to be more active</td>
</tr>
<tr>
<td>I will set a quit date of xx/xx/xxxx</td>
<td>I plan to stop smoking</td>
</tr>
<tr>
<td>I will cut down on my sugar intake (&lt;25-37.5g daily)</td>
<td>I want to cut out all sugar from my diet</td>
</tr>
</tbody>
</table>

***These goals are samples and examples that you can copy and paste for appropriate patients and situations. If a SMART goal is not listed here you can feel free to type it in manually to your patient’s care plan. You can also edit these SMART goals to be more relevant or appropriate for your patients based on their current health state and physical activity level.
Acknowledgements

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