Passport to Health: Evaluating a comprehensive service-based health fair targeting Medicare beneficiaries

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BACKGROUND

- The presence of chronic conditions (e.g., hypertension [HTN], hyperlipidemia, and type 2 diabetes mellitus [T2DM]) can have a major impact on patient outcomes.
  - In 2017, the American College of Cardiology and American Heart Association (ACC/AHA) issued stricter blood pressure targets, resulting in an increase prevalence of HTN from 32% to 46%.[1]
    - In 2015, <50% of adults diagnosed with HTN were considered controlled.[2]
  - It was reported that 36.7% of U.S. adults (≥21 years of age) were eligible for cholesterol-lowering therapy based on the 2013 ACC/AHA Guidelines.[3]
    - Only 55.5% of those eligible were on pharmacologic therapy.[3]
  - In 2015, the prevalence of T2DM in those ≥65 years of age was ~25%.[4]
    - Additionally, 48.5% of those ≥65 years old had prediabetes, however, only 11.6% reported being diagnosed.[4]
- Student pharmacist-driven health fairs can provide health screenings/services, patient education for common chronic conditions, and a platform for prescriber follow-up.[5]
- Medication Therapy Management (MTM) services may:
  - Increase the number of patients who achieve their "goals of therapy",[6]
  - Identify potential medication-related problems (MRPs),[7] and
  - Assess medication adherence.[5]
- Student pharmacist participation at health fairs can:
  - Fulfill Introductory Pharmacy Practice Experience and Interprofessional Experience requirements set by the Accreditation Council for Pharmacy Education,[8] and
  - Satisfy pharmacy curriculum outcomes developed by the Center for the Advancement of Pharmacy Education (CAPE).[9]

OBJECTIVE

To describe a comprehensive service-based health fair that assesses and optimizes patient outcomes and enhances student learning.

METHODS

- In total, 14 health fairs targeting Medicare beneficiaries were held in 10 cities throughout Northern/Central California during the fall of 2017.
- A "Healthcare Passport" card was given to all attendees, which provided:
  - A de-identified number allowing for patient tracking throughout the event,
  - A color-coded list of available screenings/services, and
  - A communication tool for patient-initiated prescriber follow-up.
- At each health fair, 13 individual health screenings/services were available for attendees.
  - When applicable, chronic condition control was assessed by comparing a patient's clinical values against corresponding practice guidelines.
- Medicare Part D & MTM services.
  - Medicare Part D interventional services included evaluation of potential out-of-pocket cost savings opportunities through plan optimization.
  - The provision of MTM services typically utilized an interdisciplinary approach in which pharmacy students worked with nurse practitioner and/or physician assistant students.
  - A systematic process was utilized to guide each MTM intervention.
    - MRPs were identified and reviewed with the patient.
    - Severe MRPs, as determined in consultation with the pharmacist preceptor, were communicated to the patient's prescriber(s).
- All screenings/services were conducted by trained student pharmacists under the direct supervision of licensed pharmacists.
- Student pharmacists' confidence was assessed using a 10-point Likert scale (1 = strongly disagree, 10 = strongly agree) both before didactic education and after completion of experiential practice (health fairs). Parameters evaluated included:
  - Explaining the Medicare Part D benefit,
  - Performing MTM-related services, and
  - Top 200 drug-related knowledge.
- Statistical Analyses
  - Descriptive statistics were performed to:
    - Summarize patient uptake at each screening/service station,
    - Assess patients' achievement of disease/condition control, and
    - Summarize the change in student confidence.
  - All statistics were performed via IBM SPSS Statistics for Windows, Version 25.0 (Armonk, NY).

RESULTS

Figure 1. Health Screenings/Services

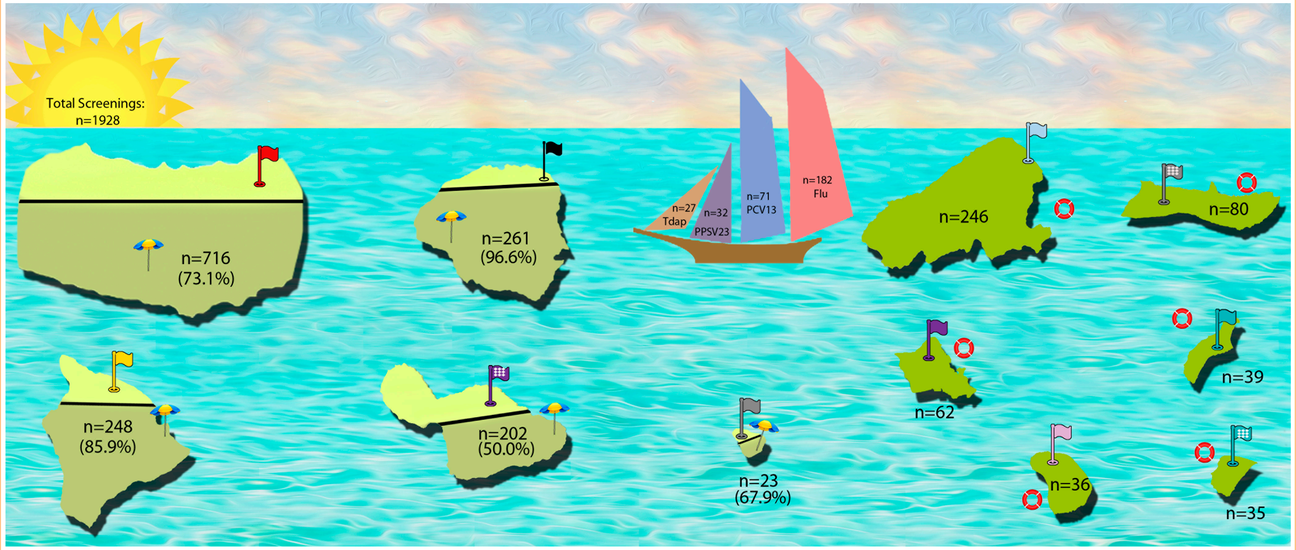
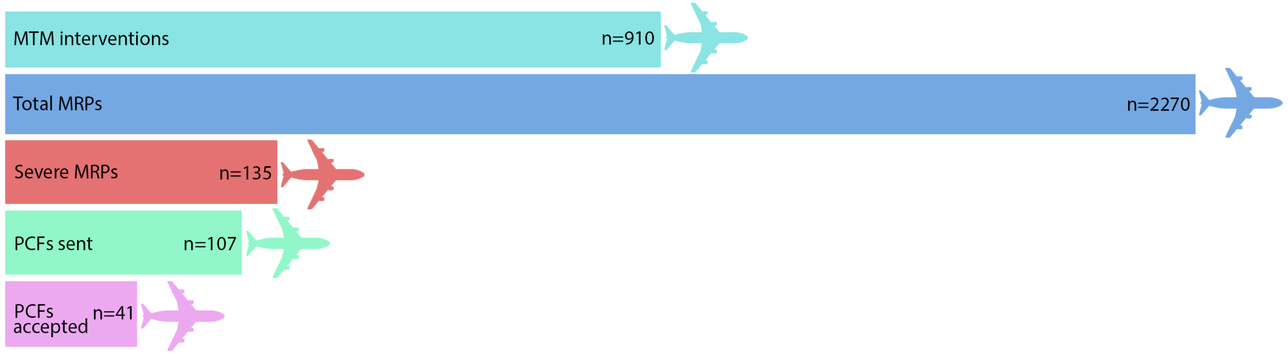
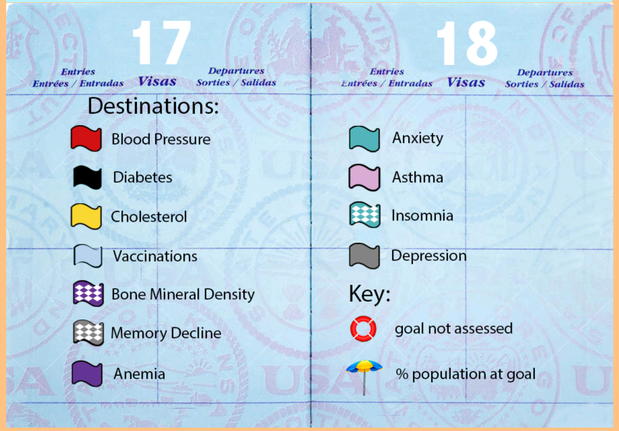


Figure 2. Results of Medication Therapy Management Interventions



Abbreviations: MTM= Medication Therapy Management; PCF= Prescriber Communication Form; MRP= Medication-Related Problem

KEY



RESULTS

- Provided screenings/services can be found among the islands in **Figure 1**.
  - The flag on each island is color-coded to represent the different screenings/services and corresponds with the "Passport" colors.
  - The size of each island is proportional to the uptake of that screening/service across all health fairs.
  - The dark green shading of each island represents the % of patients at "goal" for that screening.
- Student assessment of self-reported confidence demonstrated an increase in:
  - Explaining the Medicare Part D benefit by 71.6%,
  - Performing MTM-related services by 64.0%, and
  - Top 200 drug-related knowledge by 29.6%.

CONCLUSION

- Utilizing a "Healthcare Passport" provides multiple benefits, including an opportunity to track patient uptake of screenings/services at each health fair.
- The "Healthcare Passport" also enables patients to easily share their clinical results or vaccination uptake with their health care providers.
- Participation in comprehensive service-based health fairs allow student pharmacists to meet CAPE outcome goals and improve their self-confidence in knowledge and skills when performing active patient care.

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