



The Lebanese Order of Pharmacists
26th Annual Congress

Teaming Up for Excellence in Patient Care
معاً للتميز في رعاية المريض

THE ROLE OF THE COMMUNITY PHARMACISTS IN NON-COMMUNICABLE DISEASES : IT IS TIME FOR CHANGE

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Disclosure

“Luna EL Bizri” declare to meeting attendees that there are no financial relationships with any for-profit companies that are directly or indirectly related to the subject of this presentation



Learning Objectives

At the end of this presentation, pharmacists will be able to:

1. Understand the global and national status of NCDs.
2. Determine what are the burden and risk factors of NCDs
3. Believe that they are a corner stone and act as important players in the prevention and management of NCDs



Outlines

- Definition
- Impacts on
 1. Health
 2. Economy
- Risk factors
- WHO global action plan for the prevention and control of NCDs
- Lebanon situation
- The role of the pharmacists in NCDs management
- International examples in:
 1. Prevention: Portugal
 2. Screening and monitoring: Australia
 3. Referral :England
 4. Therapy and Disease Management: Germany
- Conclusion



Definition

Non-communicable diseases (NCDs), also known as chronic diseases, tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behaviors factors.



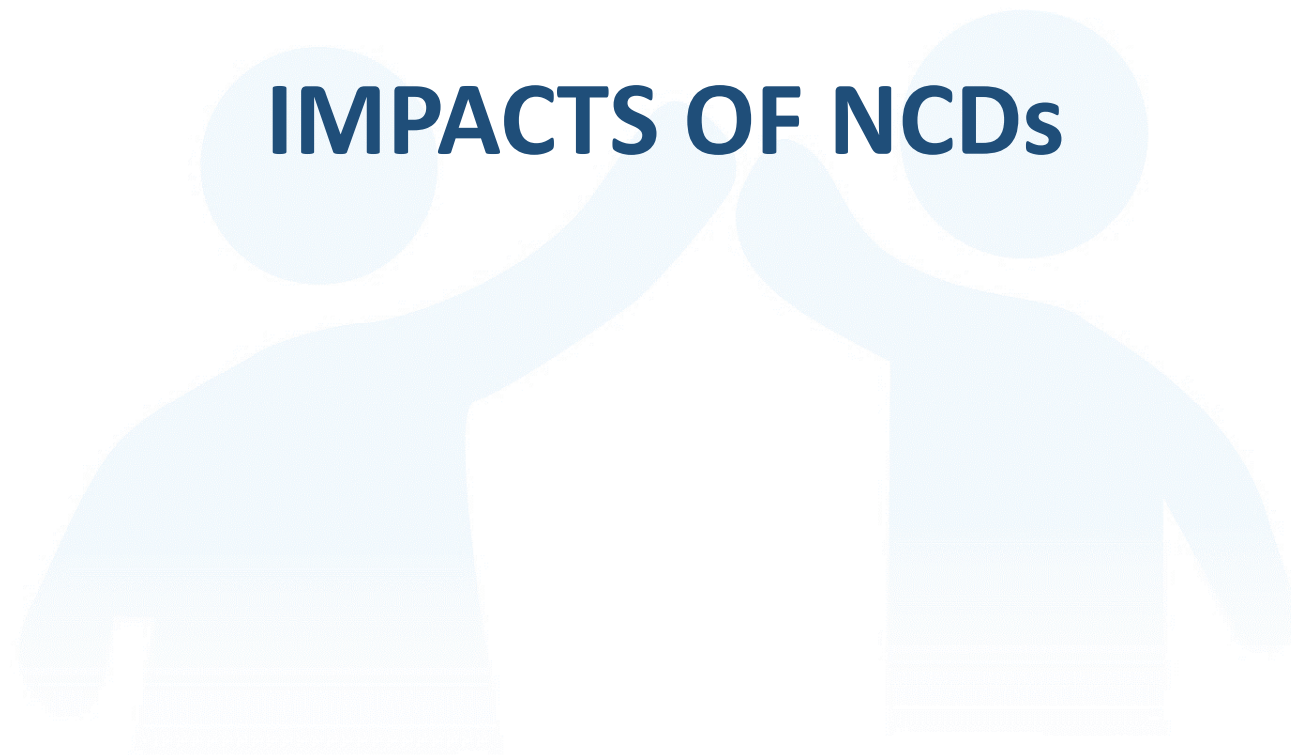


Definition

- Communicable diseases are the diseases that can spread from one person to another via various means and methods

Communicable Diseases	Non-Communicable Diseases
Transmissible Diseases as they can spread from one person to another	Do not pass from one person to another
Caused by pathogens	Caused by factors such as genetics , environment and lifestyles.
Infection is transmitted through direct contact or a medium	Infection is not transmitted through direct contact or a medium
Examples: Colds, Malaria, AIDS, TB, Typhoid, Cholera , etc	Examples : Down syndrome, cancer , CVD , etc

IMPACTS OF NCDs



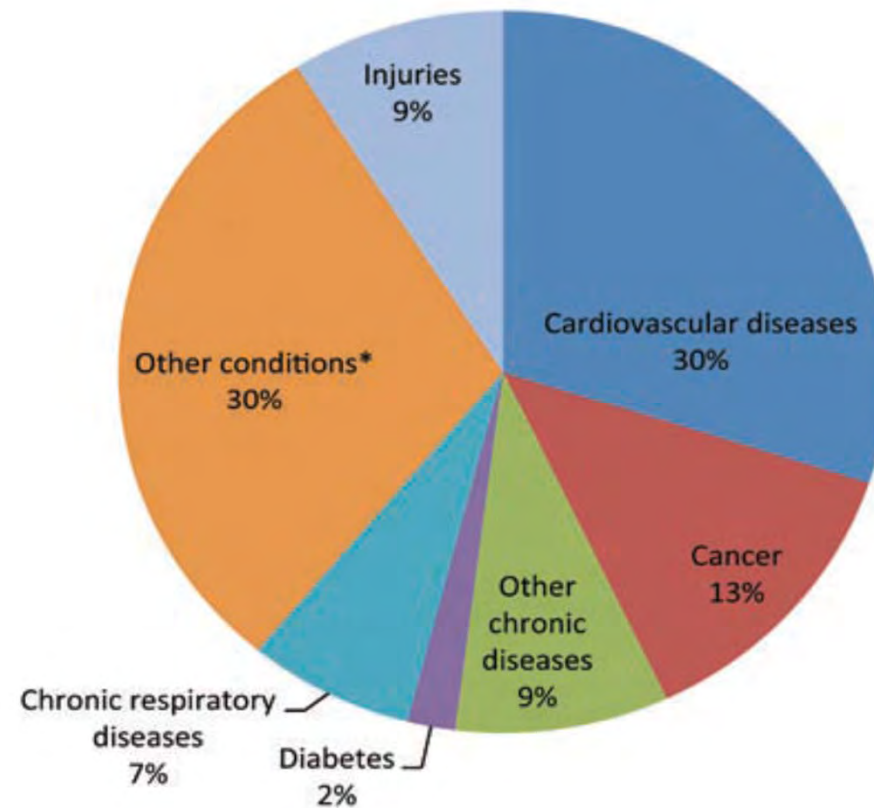


Impacts of NCDs

Health Impact

THE WORLD NUMBER ONE KILLER

- 60% of deaths worldwide (36 million).

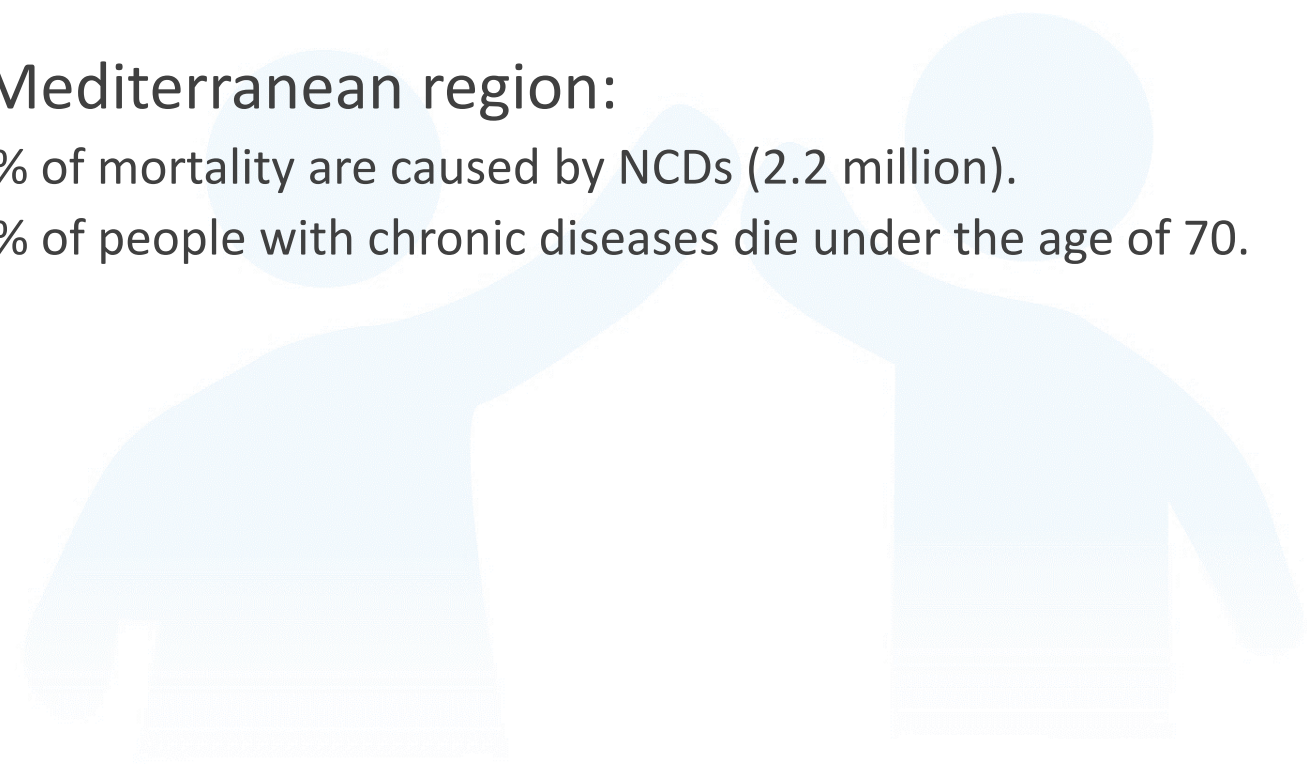




Impacts of NCDs

Health Impact

- 15 million of which occurring before the age of 70 years.
- one in five people having more than one chronic conditions in the western world.
- In the Eastern Mediterranean region:
 - I. 57% of mortality are caused by NCDs (2.2 million).
 - II. 60% of people with chronic diseases die under the age of 70.

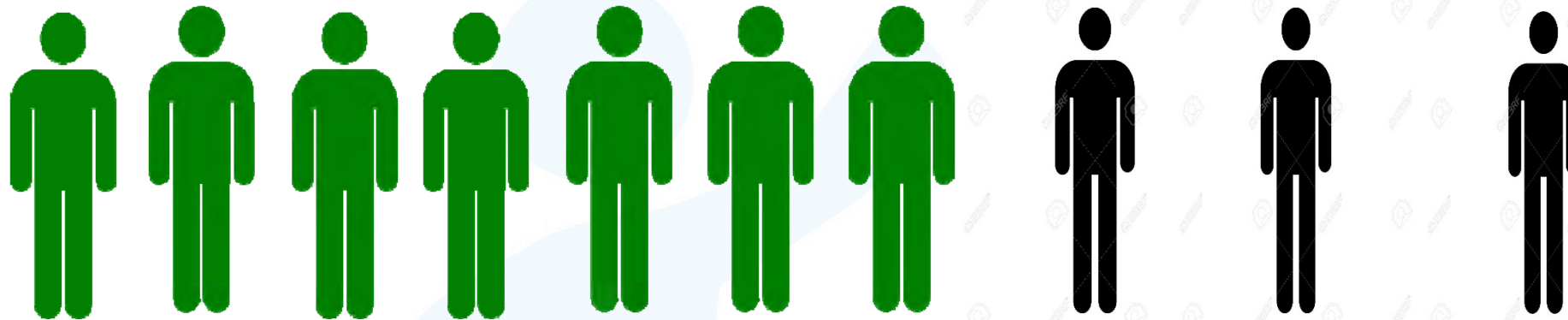




Impacts of NCDs

Health Impact

- In 2020, NCDs will account for 80 % of the global burden of disease



7 out of every 10 deaths in developing countries

half of them premature deaths under the age of 70.



Impacts of NCDs

Economic Impact

FIVE NCDs ARE COSTING AND WILL COST NEARLY 47 TRILLION DOLLARS FROM 2011 TILL 2030

Country income group	Diabetes	Cardiovascular diseases	Chronic Respiratory diseases	Cancer	Mental Illness*	Total
High	09	8.5	1.6	5.4	9.0	25.5
Upper-middle	0.6	4.8	2.2	2.3	5.1	14.9
Lower-middle	0.2	2.0	0.9	0.5	1.9	5.5
Low	0.0	0.3	0.1	0.1	0.3	0.9
LMIC	0.8	7.1	3.2	2.9	7.3	21.3
World	1.7	15.6	4.8	8.3	16.3	46.7



RISK FACTORS

Noncommunicable Diseases 4 Diseases, 4 Modifiable Shared Risk Factors

	Tobacco Use	Unhealthy diets	Physical Inactivity	Harmful Use of Alcohol
Cardio-vascular				
Diabetes				
Cancer				
Chronic Respiratory				



Noncommunicable Diseases
World Health Organization



World Health
Organization



WHO global action plan for the prevention and control of NCDs 2013-2025.

9 voluntary global targets

2025 GOAL
PREMATURE MORTALITY
25% REDUCTION

GLOBAL 2025 TARGET
DIABETES/OBESITY
0% INCREASE

GLOBAL 2025 TARGET
TOBACCO USE
30% REDUCTION

GLOBAL 2025 TARGET
RAISED BLOOD PRESSURE
25% REDUCTION

GLOBAL 2025 TARGET
HARMFUL USE OF ALCOHOL
10% REDUCTION

GLOBAL 2025 TARGET
SALT/SODIUM INTAKE
30% REDUCTION

GLOBAL 2025 TARGET
PHYSICAL INACTIVITY
10% REDUCTION

GLOBAL 2025 TARGET
AVAILABILITY OF ESSENTIAL MEDICINES AND BASIC TECHNOLOGIES TO TREAT CVD AND OTHER NCDs
80%

GLOBAL 2025 TARGET
OF ELIGIBLE PEOPLE RECEIVING DRUG THERAPY AND COUNSELLING TO PREVENT HEART ATTACK AND STROKE
50%

Source of icons: World Heart Federation Champion Advocates Programme



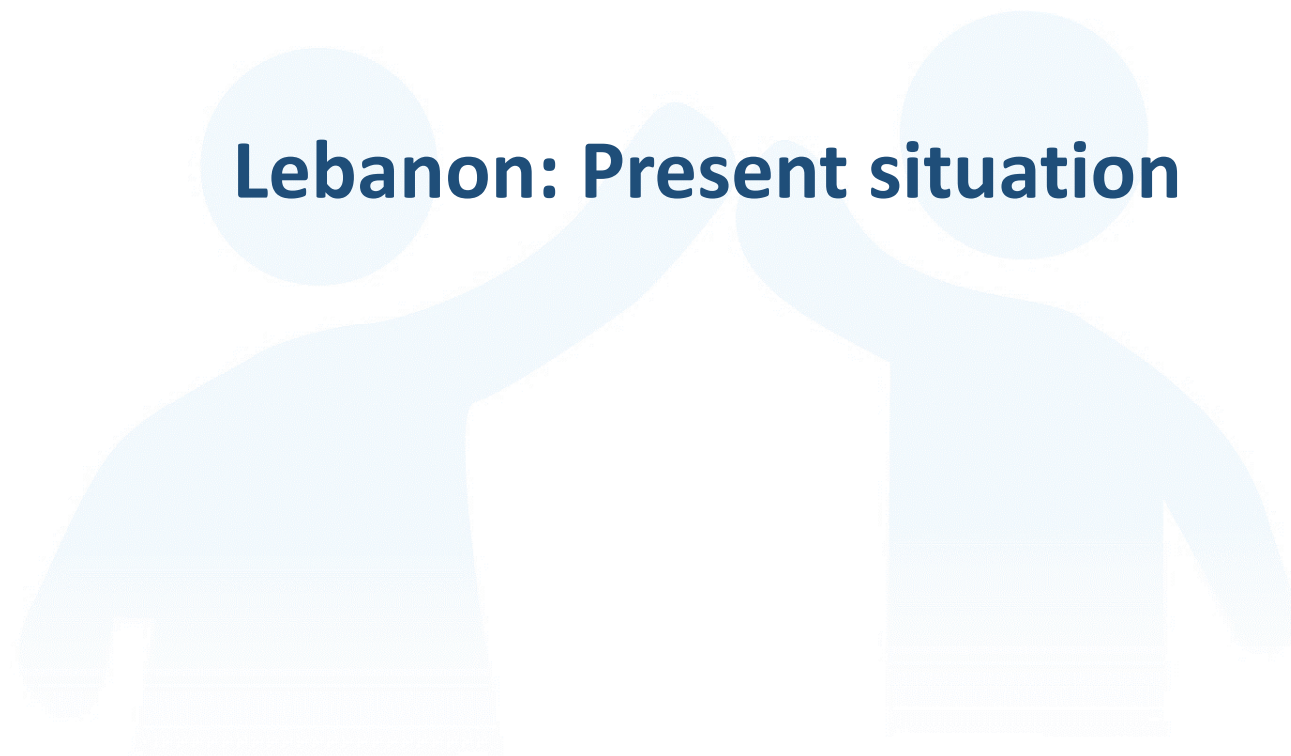
World Health
Organization



WHO Global Dialogue on Partnerships for Sustainable Financing
of Noncommunicable Disease (NCD) Prevention and Control
Copenhagen, Denmark 9-11 April 2018

- Only by working together in new partnerships and investing the right levels of resources we will be able to protect people from NCDs and provide the care they need.
- The private sector, can play a major role in moving the NCD agenda forward.
- Increased cooperation between the successive specialists (for example physicians, pharmacists,..) involved in chronic disease management can be both beneficial for the patients and cost effective.

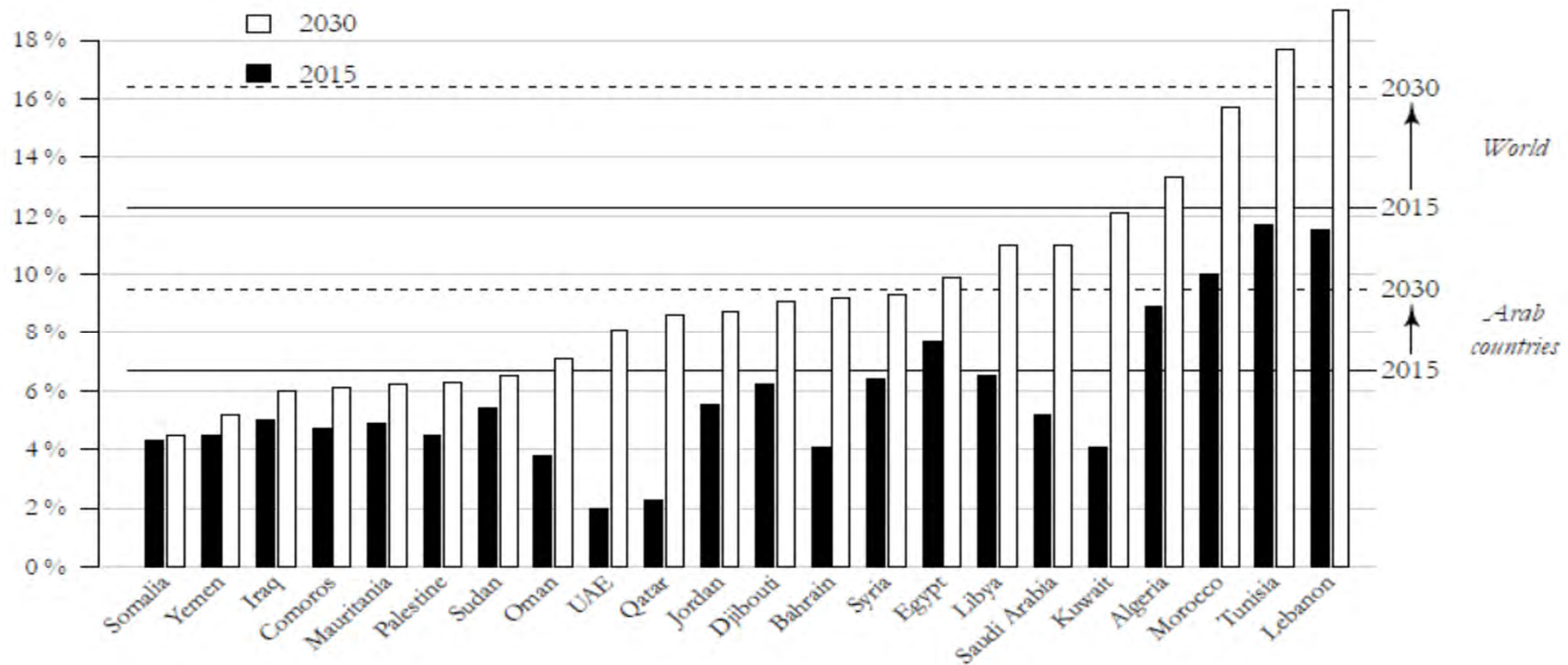
Lebanon: Present situation





LEBANON

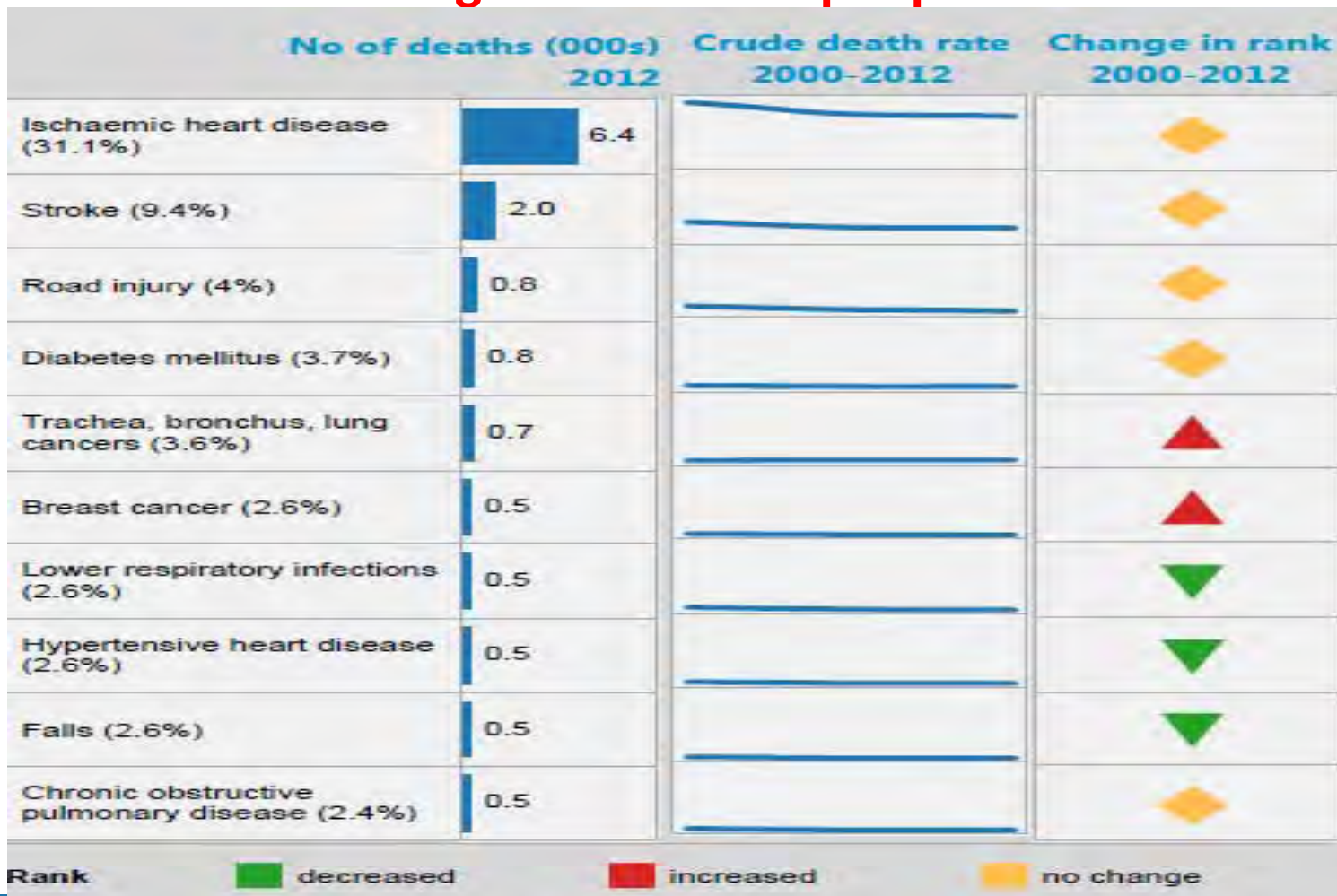
Among Middle Eastern countries, Lebanon carries the distinction of having the oldest population. It is estimated that almost 10% of the population is above the age of 65 years, and 2.5% above the age of 85. The proportion of the elderly is already relatively high and will double by the year 2050





Lebanon: WHO statistical profile

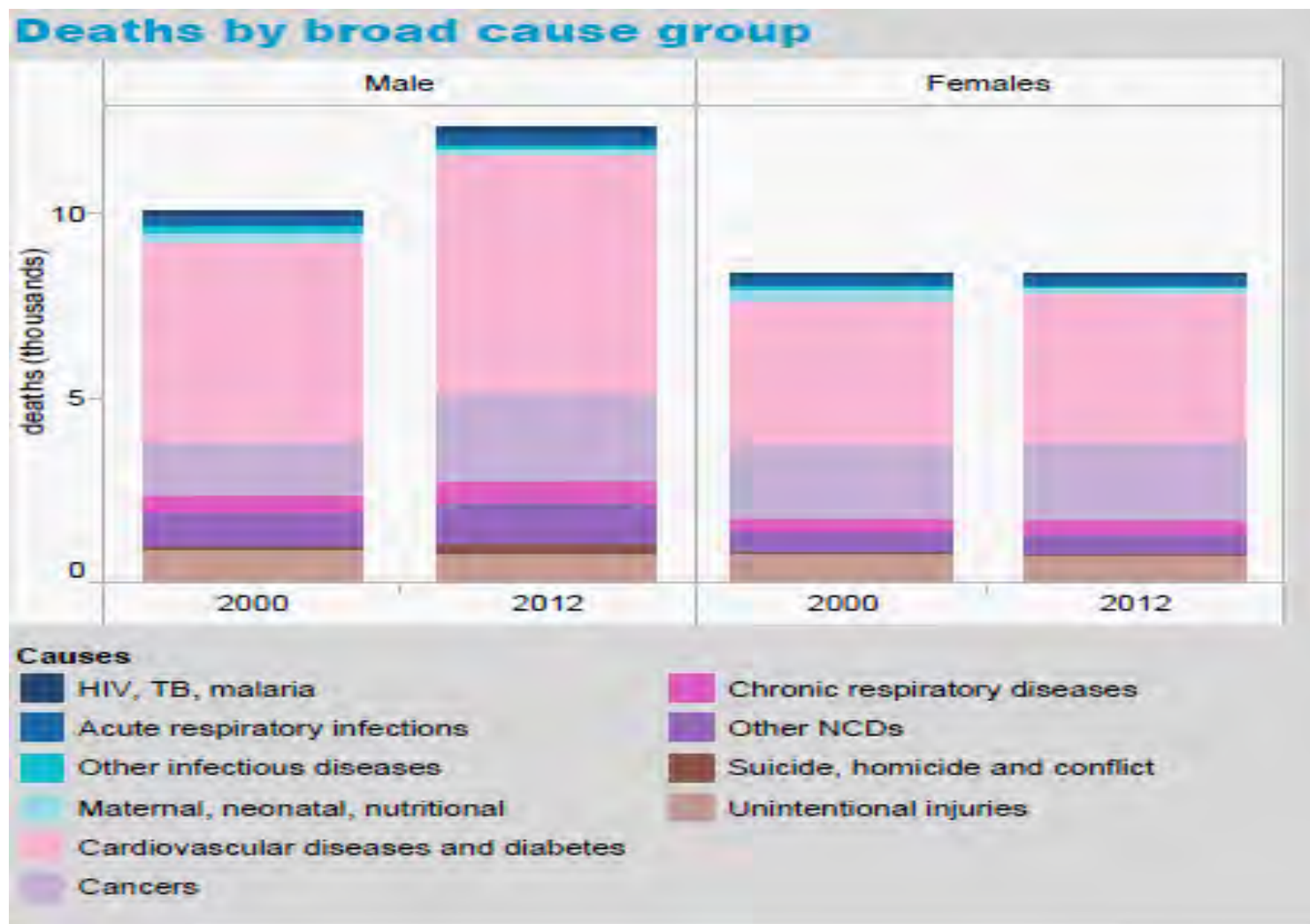
Top 10 causes of death : Ischaemic heart disease was the leading cause of death, killing 6.4 thousand people in 2012





Lebanon: WHO statistical profile

Deaths by broad cause group



The role of the Pharmacists in NCDs management





The role of the pharmacists in NCDs management

- Community pharmacists remain universally one of the most accessible primary healthcare professionals, offering quick and qualified support to patient needs.
- Community pharmacists can act as care coordinators assisting in the delivery of public health interventions.
- Community pharmacists can play a role in the:
 1. Prevention
 2. Screening
 3. Referral of patients
 4. Therapy and Disease Management



Lebanon: Prevention of NCDs

- MOH establishes awareness campaigns such as National Breast Cancer Campaign and Mental Health Awareness Campaign.
- The MOH encourages the PHC centers in Lebanon to organize outreach activities, events and campaigns to raise the awareness on health factors associated with CVDs, such as obesity, lack of physical activity and smoking (tobacco-use). It also provides educational material to support these activities.

Unfortunately Community Pharmacists are not involved in these campaigns



LEBANON: Screening of NCDs

- The Primary Health Care (PHC) Department at MOH in collaboration with WHO, launched an initiative for the integration of NCD program within PHC centers in Lebanon, in 2012:
 1. It aimed at integrating a two-step early detection of Diabetes and Hypertension as well as estimating the Total CV Risk among beneficiaries aged 40 years and >.
 2. All the centers within the Primary Healthcare network were trained on NCD within the time period 2013 - 2017.
 3. NCD e-module was developed by the IT MOH department on the Health Information System to aid the centers to enter all the NCD related data and perform the calculations necessary for diagnosis of cardiovascular risks.



LEBANON: Screening of NCDs

- At a governmental level, Lebanese community pharmacists are not involved in national screening programs but many initiatives whether from OPL or the pharmacists themselves are being conducted.
- Examples of initiatives:
 1. Identifying patients with NCDs especially diabetic patients and patients with hypertension by:
 - Fasting blood glucose intake.
 - Encouraging patient if high to do the HbA1C test.
 - Blood pressure intake
 2. The OPL consistently advocates for the health care role of pharmacist and conducts training lectures (through the pharmacists continuous education program) for pharmacists to develop their role in the management of diabetes and other NCDs.



LEBANON: Management of NCDs

1. The MOH has been providing medicines at no cost for patients for cancer and other serious diseases since 1989. The MOPH also provides essential medicines for chronic diseases, including diabetes, hypertension, heart disease and osteo-articular conditions, through a network of nearly 200 accredited Primary Health Care (PHC) centres across the national territory.

2. Initiatives in the community pharmacies:

Monitoring:

- hypoglycemia and hyperglycemia rates,
- medication intake,
- fasting blood glucose levels,
- body weight,
- systolic blood pressure.
- Counseling the patients
- Patient education

International Programs





Smoking Cessation National Campaign: Portuguese pharmacies help smokers quit: 53% of Portuguese pharmacies participated

spreadsheet to document care

Personal Plan of Action

Manual on Smoking Cessation Pharmacy Service
(A guide for counselors)

Non-prescription treatment guidelines

Fagerström Test
(Questionnaire to assess Nicotine Dependence)

21% more sales of non-prescription smoking cessation medicines compared to non-participating pharmacies

Success Rate was 69.3% of smokers who remained without smoking at a period of three months,



Diabetes Care Program Australia

Screening services: investigate the capacity of community pharmacies to identify and refer people at risk of type 2 diabetes to their GP

Diabetes Medication Assistance service: The services included blood glucose monitoring, education, adherence assessment and reminders checks for complications related to diabetes.

Results

Results

fewer unnecessary referrals to the GPs

higher investigation of community pharmacies' capacity to identify and refer people at risk of type 2 diabetes to their GP.

patients were very satisfied with, and strongly approved, the diabetes screening in community pharmacy

Reduction in HbA1c of - 0.97% compared to - 0.27% in placebo group

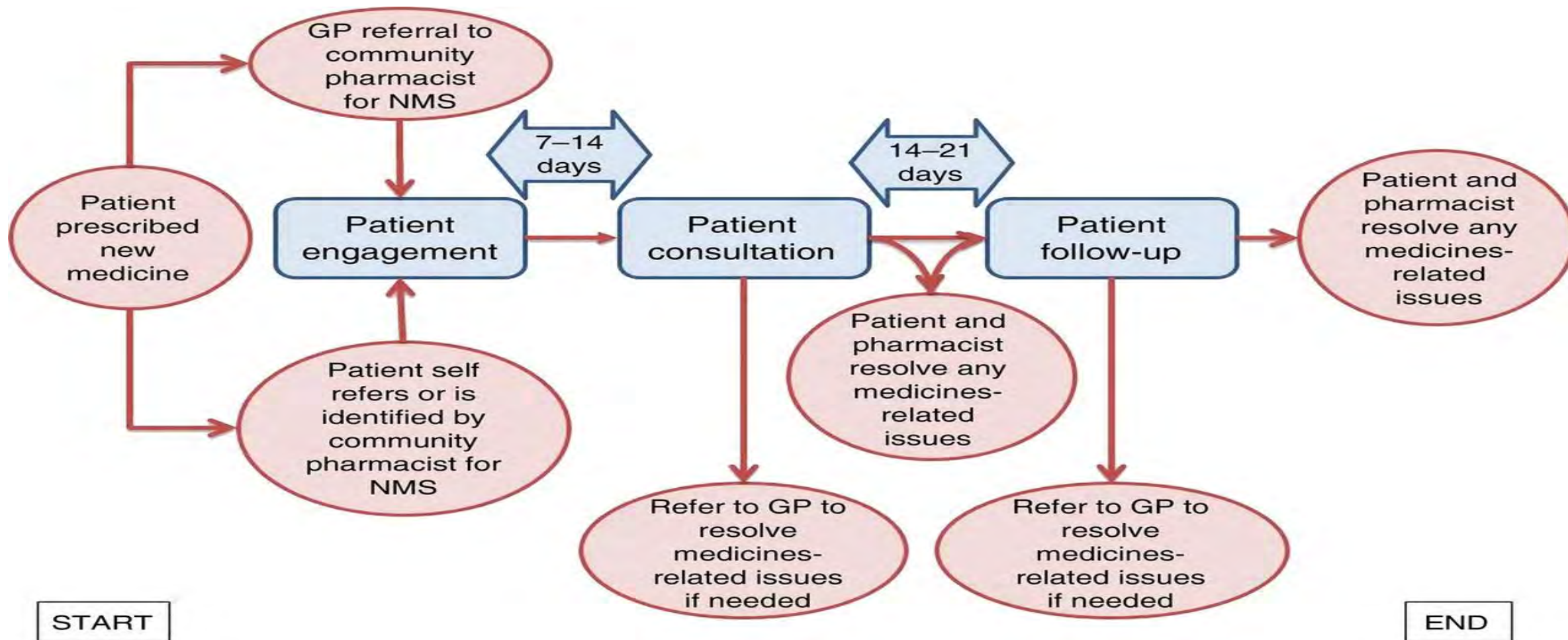


New Medicine Service (NMS) improves adherence in people with chronic disease in England

- New Medicine Service (NMS) is a national community pharmacy service to support medicines-taking in people starting a new medicine for a long-term condition.
- Is designed to improve medicines adherence and is offered by community pharmacists to people starting a new medicine for COPD, type 2 diabetes, hypertension or antiplatelet/anticoagulant treatment.
- Results:
 1. 10% improvement in adherence
 2. long-term: £517.6m cash savings to the NHS
 3. 179,500 quality-adjusted life years will be gained



New Medicine Service (NMS) in England





ATHINA:(Arzneimitteltherapiesicherheit in Apotheken) medication safety in community pharmacies in Germany

Brown Bag Analysis

Consultation on DRP(Drug Related Problems)

241 pharmacists documented 912 medication reviews with on average 10.8 ± 3.6 drugs

In 95.3% of medication reviews, the pharmacist documented at least one drug with information need or DRP.

75.7% of the cases the pharmacists could document a solution for the DRP.



Brown Bag Review

- The "Brown Bag Review" of medicines is a common practice that involves encouraging patients to bring all of their medicines and supplements to their visit and reviewing them. The goal is to determine what medicines patients are taking and how they are taking them. The process can identify medicine errors and misunderstandings that would otherwise be overlooked.





Drug-Related Problem (DRP)

- A drug-related problem (DRP) is defined as an event or circumstance that actually or potentially interferes with desired health outcomes.

Medscape®		www.medscape.com
n	%	Description of DRP
898	8.6	evidence of drug–drug interaction in the literature (database)
867	8.3	incomplete or unreadable prescription
856	8.2	drug not on the market
703	6.7	pt. does not know the dose
546	5.2	wrong data on prescription
474	4.6	insufficient pt. knowledge about the correct application/ administration of a drug
435	4.2	wrong dosage prescribed
389	3.7	delivery problems
340	3.3	wrong dosage form prescribed
321	3.1	wrong drug prescribed

DRP = drug-related problem.

Source: Ann Pharmacother © 2007 Harvey Whitney Books Company



Conclusion

- Fighting NCDs is very challenging and needs a national plan.
- All health care groups must be involved in this plan as well as different sections of government, private and public organizations.
- Pharmacists, highly qualified health care-givers, must be involved and should play a major role in this plan : opportunities and challenges are many in preventing and managing NCDs, but specialized training and adequate strategies to incorporate pharmacists in NCDs health programs are essentials.
- Pharmacists can contribute by screening and monitoring NCDs; counseling on lifestyle; providing medication therapy management services; promoting public health; and providing other pharmaceutical services.





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THANK YOU

