



The Pharmacist & Patient-Centered Diabetes Care

The University of South Carolina College of Pharmacy will be offering the APhA The Pharmacist & Patient-Centered Diabetes Care to **10 pharmacists only** on Sunday, October 6th, 2019 at 12:00 noon. Register now for one of these limited spots!

Local instructors:

- Patricia H. Fabel, PharmD, BCPS; Executive Director, Kennedy Pharmacy Innovation Center and Clinical Associate Professor
- Kathy Quarles Moore, BSP Pharm, RPh, CDM; Lab Director, Community and Compounding Labs
- Cynthia Phillips, PharmD; Clinical Associate Professor / Clinical Pharmacy and Outcomes Sciences

This program is accredited by the American Pharmacists Association. Upon registration and receipt of payment, participants will receive a registration code and instructions to access all home study program materials to be completed prior to the live program. Following the live program, participants will claim their continuing education (CE) credit through APhA.

Activity Preview

The American Pharmacists Association (APhA) developed The Pharmacist and Patient-Centered Diabetes Care Certificate Training Program, is an educational experience designed to equip pharmacists with the knowledge, skills, and confidence needed to provide effective, evidence-based diabetes care. The program provides comprehensive instruction in current diabetes concepts and standards of care and incorporates case studies and hands-on skills training focused on the situations most likely to be encountered—as well as the services most needed—in community and ambulatory care practice settings. Participants will gain experience evaluating and adjusting drug therapy regimens for patients with type 1 and type 2 diabetes, counseling patients about lifestyle interventions, analyzing and interpreting self-monitoring of blood glucose results, and assessing the overall health status of patients to identify needed monitoring and interventions.

Activity Type: Application and Practice-based

Target Audience: Pharmacists in all practice settings

Learning Level: Level 3

Goals and Learning Objectives

The goal of The Pharmacist and Patient-Centered Diabetes Care is to teach the pharmacist how to integrate diabetes education and management into practice. This overriding goal incorporates the goal of pharmaceutical care, which is to ensure that patients make the best use of their medications and achieve the desired therapeutic outcomes. Specific program goals are to:

- Provide comprehensive instruction on current standards of care for patients with diabetes.
- Increase pharmacists' ability to apply pharmacotherapeutic information and serve as the drug therapy expert on the diabetes health care team.
- Refresh pharmacists' knowledge of the pathophysiology of diabetes and the acute and long-term complications of the disease.
- Familiarize pharmacists with important concepts in nutrition, exercise, and weight control that contribute to optimal diabetes care.

- Provide training on the use of diabetes-related devices and physical assessments involved with optimal diabetes care.
- Describe business opportunities and roles for pharmacists in improving health outcomes for patients with diabetes.
- This ACPE activity does not provide a certification in this topic but rather advanced professional training which upon successful completion the learner will be able to download a certificate of achievement.

Self-Study Learning Objectives

Module 1. Pathogenesis and Diagnosis of Diabetes

At the completion of this activity, participants will be able to:

- Explain important concepts in glucose homeostasis.
- Describe the pathophysiology and clinical manifestations of type 1 diabetes and type 2 diabetes.
- List laboratory test values and ranges that represent important diagnostic criteria or treatment goals for patients with diabetes.

Module 2. Goals of Care and Approaches to Treatment

At the completion of this activity, participants will be able to:

- Describe the evidence base to support treatment goals for patients with diabetes.
- Discuss findings from trials investigating the relationship between A1C and atherosclerotic cardiovascular disease.
- List blood glucose treatment targets for various subgroups of patients with diabetes.
- Describe the role and application of A1C testing and self-monitoring of blood glucose in type 1 and type 2 diabetes.
- Explain strategies for managing hypoglycemia.

Module 3. Lifestyle Modification in Diabetes

At the completion of this activity, participants will be able to:

- Apply concepts and recommendations from current dietary, physical activity, and weight management guidelines to the specific needs of patients with diabetes.
- Discuss basic concepts of carbohydrate counting and meal planning for patients with diabetes.
- Summarize current recommendations for smoking cessation.

Module 4. Pharmacotherapy of Diabetes

At the completion of this activity, participants will be able to:

- Differentiate among the many oral, injectable, and inhalational agents available for the treatment of diabetes and categorize antidiabetic agents according to their primary mechanism of action, principal adverse effects, and rational role in therapy.
- Explain currently accepted approaches to managing type 1 and type 2 diabetes as well as the appropriate clinical use of available oral, injectable, and inhalational antidiabetic agents.

Module 5. Comprehensive Diabetes Care

At the completion of this activity, participants will be able to:

- Specify treatment goals and strategies for controlling cardiovascular risk factors in patients with diabetes.
- Identify screening and treatment recommendations for comprehensive diabetes care, including recommendations addressing nephropathy, retinopathy, foot problems, and immunizations.

Module 6. The Pharmacist's Role in Diabetes Self-Management Education and Support

At the completion of this activity, participants will be able to:

- Describe outcomes associated with pharmacists' patient care services for patients who have diabetes.
- List elements of diabetes self-management education.
- Identify barriers to diabetes self-management and propose strategies to address those barriers.
- Apply elements of motivational interviewing, goal setting, problem solving, and cultural sensitivity to interactions with patients with diabetes.
- Explain how pharmacists can obtain recognized diabetes care credentials and establish a formal diabetes self-management education program.

Live Seminar Learning Objectives

At the completion of this activity, the participant will be able to:

- Evaluate the overall health status of patients with diabetes in terms of recommended monitoring and interventions, and formulate strategies for closing gaps in care.
- Propose modifications to a patient's drug therapy regimen rooted in evidence-based algorithms for diabetes management.
- Recommend dietary interventions to support optimal glycemic control and weight loss (when indicated) in patients with diabetes.
- Analyze and interpret a patient's self-monitoring of blood glucose results and use the results to identify needed changes in the diabetes management plan.
- Demonstrate proper technique for measuring blood pressure, administering injections, obtaining fingerstick samples for blood glucose monitoring, operating blood glucose meters, and performing monofilament foot testing.
- Integrate the varied aspects of comprehensive diabetes care into efficient, sensitive, respectful pharmacist-patient interactions that support optimal patient self-management.
- Describe ways in which pharmacists can keep abreast of new developments and take advantage of professional opportunities in diabetes care.

Seminar Agenda

- Check-in
- Welcome, Introductions and Acknowledgements
- Comprehensive Diabetes Care
- Treating Type 2 Diabetes
- Break
- Insulin Therapy in Type 1 and Type 2 Diabetes
- Lunch and Networking
- Nutrition and Lifestyle Counseling for Patients
- Hands-On Skills Practice
- Break
- Next Steps and Resources
- Post-Seminar Final Instructions

Accreditation Information



The American Pharmacists Association is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education (CPE). The Pharmacist and Patient-Centered Diabetes Care certificate training program is approved for a total of 23.0 contact hours of continuing pharmacy education (CPE) credit (2.3 CEUs). The ACPE Universal Activity Numbers (UAN)

for this activity are listed below.

- Successful completion of the self-study component involves passing the self-study assessment with a grade of 70% or higher and will result in 15 contact hours of CPE credit (1.5 CEUs). ACPE UAN: 0202-0000-18-121-H01-P
- Successful completion of the live seminar component involves attending the full live seminar, successfully demonstrate competency in the utilization and/or evaluation of these devices, and completing the online assessment and evaluation. Successful completion of this component will result in 8 contact hours of CPE credit (0.8 CEU). ACPE UAN: 0202-0000-18-122-L01-P

To obtain 23.0 contact hours of CPE credit (2.3 CEUs) for APhA's The Pharmacist and Patient-Centered Diabetes Care certificate training program, the learner must complete all components listed above, and CLAIM credit for each component. Participants will need to have a valid APhA (pharmacist.com) username and password, as well as a CPE Monitor account to claim credit. After credit has been claimed, please visit CPE monitor for your transcript.

The Certificate of Achievement will be available online upon successful completion of the necessary activity requirements on the participant's My Training page on www.pharmacist.com.

APhA continuing pharmacy education policy provides you with two opportunities to successfully complete the continuing pharmacy education assessment. Please note that you will not be permitted to submit the assessment a third time. The current policy of the APhA Education Department is not to release the correct answers to any of our CPE tests. This policy is intended to maintain the integrity of the CPE activity and the assessment.

Initial Release Date: July 15, 2017

Expiration date: July 15, 2020 - PLEASE NOTE: NO Home Study credit granted after this date; Live Credit can only be granted within 60 days from the day of the seminar attended.

Development

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Acknowledgements and Disclosures

Advisory Board

- Jennifer D. Smith, PharmD, CPP, BC-ADM, CDE, (Chair) Clinical Pharmacy Specialist in an Outpatient Center, U.S. Department of Veterans Affairs; Upstate South Carolina
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APhA Staff Members

The following APhA staff members contributed to the development of this program:

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The original publication was prepared by Judy Crespi Lofton, MS, of JCL Communications, on behalf of APhA.

Disclosures

- Stuart T. Haines, PharmD, FCCP, FASHP, FAPhA, serves as an educational consultant for Sanofi for which he has received an honorarium.
- Staci-Marie Norman, PharmD, CDE, declares she serves as a speaker for Lilly and has received an honorarium. She also declares her spouse is a sales representative for Takeda.
- Jennifer Trujillo, PharmD, BCPS, CDE, BC-ADM, declares her spouse serves as a consultant for Pfizer, Janssen, and Boehringer Ingelheim.
- All other individuals involved in the development of this material declare no conflicts of interest or financial interests in any product or service mentioned in this activity, including grants, employment, gifts, stock holdings, and honoraria. For complete APhA staff disclosures, please see the Education and Accreditation Information section at www.pharmacist.com/apha-disclosures.
- Conflicts of interest have been resolved through content review by Helen Sairany, PharmD, BCACP, Associate Director of Content Development at the American Pharmacists Association.

- The material presented here does not necessarily reflect the views of the American Pharmacists Association. Every attempt has been made to ensure the accuracy of the information contained herein at the time of writing; however, owing to the nature of pharmacy practice, standards and recommendations change regularly. Pharmacists are advised to verify all information and data before treating patients or employing the practices described in this educational activity.

System Requirements

Computer and Internet access is required to complete this activity. Please visit the APhA website to view the [Technology System Requirements](#) to have a positive learning experience.