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## Pharmacist-managed Diabetes Clinic Improves Patient Outcomes, Lowers Costs

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Pharmacist-provide diabetes mellitus (DM) management lowered patients' glycosylated hemoglobin (HBA<sub>1c</sub>) and blood glucose levels and reduced inpatient hospitalization and emergency department costs, according to an October 1, 2008, study in the *American Journal of Health-System Pharmacy*.<sup>1</sup> The study was conducted at a county hospital's outpatient clinic in El Paso, Texas.

Among 110 pharmacist-managed patients, there was an average 0.7% reduction in HBA<sub>1c</sub>, from 8.9% to 8.2%, and a 26.4 mg/dL average reduction in blood glucose. Average inpatient hospitalization and emergency department costs for the 35 patients with a primary or secondary DM diagnosis dropped to \$636 postintervention from \$2,434 preintervention (\$62,925 lower in total costs). For the 15 patients with a primary DM diagnosis, average costs dropped to \$696 postintervention from \$3,082 preintervention (\$35,798 lower in total costs).

Working under a collaborative drug therapy agreement with patients' primary care physicians, 579 patients were referred to a clinical pharmacist between September 2001 and December 2005. The pharmacist managed 110 of those patients by providing diabetes education, managing patients' medications, ordering laboratory tests, managing patient visits, and referring patients to other healthcare providers when necessary. The other 469 patients referred to the clinical pharmacist received diabetes education only.

A copy of the full study is available at

[http://www.ashp.org/DocLibrary/Advocacy/PolicyAlert/AJHP\\_DM\\_Clinic.pdf](http://www.ashp.org/DocLibrary/Advocacy/PolicyAlert/AJHP_DM_Clinic.pdf)

1. Anaya JP, Rivera JO, Lawson K et al. Evaluation of pharmacist-managed diabetes mellitus under a collaborative drug therapy agreement. *Am J Health-Syst Pharm*. 2008; 65:1841-5.

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ASHP Health Policy Alerts are synopses of new studies highlighting the medication-use process in health care, especially studies assessing contemporary pharmacists' role in improving medication-use outcomes. The American Society of Health-System Pharmacists encourages recipients to keep a copy of this synopsis for future reference.

